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NOW

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KERRY

'I don't like the word diet – I love chip butties!'



LENA DUNHAM

'I've been 2st lighter but I'm happy now'



CHANELLE

'I'll always have cellulite but I'm fine with that'

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She's so NOW

Kendall's a true angel

While we reach for yet another premature mince pie, Kendall Jenner most definitely won't be indulging after signing a jewel-encrusted catwalk contract.

Kendall, 20, announced to her 40 million Instagram followers that she's thrilled to be walking in this week's hotly anticipated Victoria's Secret show, joining BFF Gigi Hadid on the catwalk, while Ellie Goulding, The Weeknd and Selena Gomez perform. Seems Kendall – who proved she's no prude with a saucy snap on Instagram last week – is staking her claim as the sexiest Kardashian.

Sorry, Kim!

Lydia Thompson
Freelance Fashion
& Beauty Editor
Follow me on Twitter
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WIN SIGNED BOOKS FOR CHILDREN IN NEED

Want to win a copy of celeb-penned book *The Curious Tale Of Fi-Rex* signed by Kate Moss or One Direction signed artwork? Turn to p31 to find out how!



Head to
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for all the Victoria's
Secret show gossip



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PEUGEOT 108

MOTION & EMOTION



PEUGEOT

This week's **Love** *juice*

Who's **dating**, **mating** and **hating**

Perrie & Zayn 'in contact'

Zayn Malik & Perrie Edwards

She's finally shaking off the heartache that comes with a very public break-up – but while it looks as though Perrie's starting to enjoy the single life, *Now* can reveal a very different story. The Little Mix singer has been texting her ex Zayn nearly everynight.

A source close to the 22-year-old – who split from former One Direction singer Zayn, also 22, three months ago – says: 'She sends him little jokey comments about how many guys are asking her out on dates and is clearly trying to spark some jealousy in him. But he does take the bait and wants to know who she's interested in.'

In fact, Perrie is on such a mission to make her ex jealous it seems she's set up no less than six dates over the past two weeks! Our source adds: 'Some of them are with mutual friends of hers and Zayn's so she knows it's all going to get back to him. Really, she's not emotionally ready to get into a relationship with anyone else because she still has feelings for Zayn.' Perrie, grab that mistletoe – it's time to unwrap a new man for Christmas.



Perrie and Zayn have been texting regularly



The couple were together for four years

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Ellie Goulding & Dougie Poynter

Cute couple Ellie, 28, and McBusted beau Dougie, 27, enjoyed a hot date night last week at London restaurant Sexy Fish.



Hopping up

LOVE ladder



Katie Price & Kieran Hayler

Katie, 37, spent some quality time with hubby Kieran, 28, at a posh charity dinner for the Terrence Higgins Trust.

Nicole Richie & Joel Madden

Nicole, 34, and husband Joel, 36, have been at the centre of gossip in the US after 'ridiculous' claims that Nicole fears Joel has cheated on her.



Cooling off



Gigi Hadid & Joe Jonas

Model Gigi, 20, has split with Joe, 26, after a few months of dating. Sources say their heavy work schedules are to blame.

Gwen's rebound romance

Gwen Stefani & Blake Shelton

She was inconsolable after her shock split from husband Gavin Rossdale, but just three months later Gwen, 46, is officially dating country singer – and her fellow The Voice US coach – Blake, 39. After weeks of rumours, Gwen's spokesperson has confirmed: 'She and Blake are long-time friends who've very recently started dating.'



Back on!

James 'Arg' Argent & Lydia Bright

Their on-off relationship has had us gripped since they first hit our screens in TOWIE in 2010 – and the saga continues as pics emerged last week of the couple sharing a passionate embrace. It comes after Lydia, 24, seemed to be having second thoughts about their future when Arg, 27, stupidly lied about where he was staying. But it looks like they've kissed and made up.



Future's looking brighter?

Bump alert!

Sam Claflin & Laura Haddock

Unlike most celebs who share their baby news on social media, Hunger Games actor Sam, 29, chose the premiere of Mockingjay Part 2 to reveal he was to become a dad for the first time. And just look how happy he is! Touching his wife's bump as he smiled for fans, Sam and actress Laura, 20, completely stole the show. Aww!



Crush corner

MICHAEL HASSINI, 21

OMG! Where did that body come from? TOWIE star Michael caused a stir on Instagram last week when he posted this pic of his ripped torso captioned: 'Hungover need to get myself down the gym #fitness #healthychoices'





Kerry Katona

'I love a chip booty!'

Famous for her ever-changing body, Kerry, 35, gave birth to her fifth child Dylan-Jorge last April. But following her recent split with husband George Kay, her priority is her kids, not faddy diets.

'Being healthy is manageable as long as you're in a routine,' she says. 'But I don't like the word "diet". I love a chip booty every now and again. I drink a lot of smoothies full of fruit and veg. I'll also fill my meals with lots of vegetables, fish and rice – I'm quite a healthy eater.'

Kerry has also revealed she's struggling to sleep since the breakdown of her marriage, Tweeting: 'If my body moved as fast as my brain at night, I should be a size 2 by morning!'

Kate Upton

'I'm not going to starve just to be thin'

Model Kate, 23, caused a stir on the catwalk with her size 12 figure. But she hit back, explaining: 'It was hard when I was first in the industry and people were like: "No, you're fat." But my body is something that you have to work out and eat healthily for. I'm not doing drugs or not eating. I want to enjoy life and I can't be enjoying life if I'm not eating and miserable.'

Kate has a healthy attitude towards living. 'I'm not going to starve just to be thin,' she says. 'I try to take care of it every day as best I can, but I always enjoy my life. So I'm not going to let my insecurities stop me from enjoying life.' Although she eats healthy meals, Kate still enjoys fried food and tequila. Our kind of girl!

We REFUSE

Because life's too short for these celebs to count calories

Chanelle Hayes

'I'm addicted to food!'

Chanelle, 27, has always seen her weight fluctuate and went up to 11st earlier this year. But she's learnt to accept her curves and won't be pressured into losing weight – although she does regularly work out at the gym.

She tells Now: 'I'm so much more chilled-out and carefree. I've learnt to be happy with how I look. I know I'll never be a Victoria's Secret model and I'll always have cellulite, but I'm fine with that.'

Earlier this year, Chanelle broke her tailbone, leading her to gain over 2st and go up to a size 14. 'Food is my problem – it's a serious addiction,' she insists. 'I actually think I have compulsive overeating disorder. I think about food all the time – I need to have my jaws wired!'

Loves fried food and tequila!

It's time to diet!

and worry about cellulite...

TURN FOR MORE ➡

✦ Drew Barrymore

'I'll never be the person who talks about diets'

Having two daughters – Olive, three, and Frankie, one – has made Drew, 40, relax her attitude towards her body. 'I just ate everything,' she recalls. 'It was bad. I could fold my stomach over my pants. Not like: "Oh, I've got muffin top." I was like: "Here is a large pizza folded over my jeans."'

But rather than panic diet, Drew takes a sensible approach. 'I don't have enough room in my life for the neurosis of other people's expectations,' she says. 'I take care of myself, but I'm never going to be the person who talks about diet and exercise. I would fail that conversation.'



Ignores negative comments



Lena Dunham

'It's all about the love you give yourself'

We love Lena, 29, and her brilliant, philosophical observations on her body. 'I've been 30lb heavier and I've been 30lb lighter and it's never had an effect on my ability to find love or connect with people. What's had an effect is how I feel about myself and the love that I give to myself,' she says.

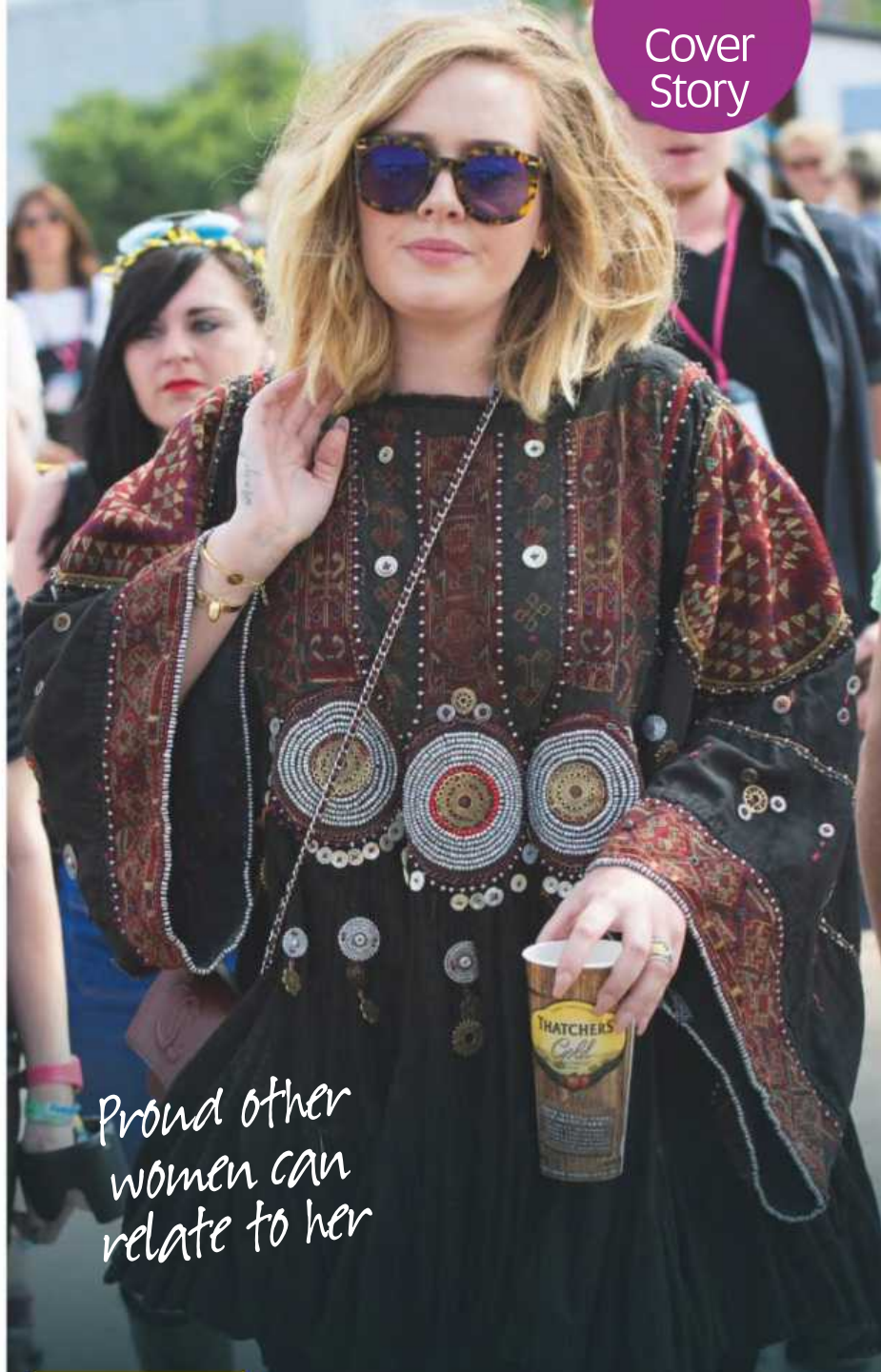
As for negative comments, size 12-14 Lena reveals: 'I don't feel I need to lose 200lb or whatever these people are saying. I have better days, I have worse days, but I'm pretty happy in my own form.'



Whitney Thompson

'I don't even like the word diet'

Plus-size America's Next Top model winner Whitney says she blocks out all the blurb about diets. 'I don't even like the word diet because I listen to my body,' she says. 'If I'm craving an apple I'm going to eat an apple, and if I want steak and chips and candy, I'll eat that too. Because I think life is too short.' The 28-year-old model continues: 'At the end of the day, you have to look in the mirror and say: "This is it – this is the only body I've got."'



Cover Story

Proud other women can relate to her

Adele

'I like fine food and wine'

Kudos to Adele, who refuses to conform to ridiculous expectations of what a pop star should look like. When designer Karl Lagerfeld said the 27-year-old singer was 'too fat', she hit back: 'I've never wanted to look like models on the cover of magazines. I represent the majority of women and I'm very proud of that. I won't worry about something as petty as what I look like. I like eating fine foods and drinking nice wine.'

Arguing that she makes music for 'ears not eyes', Adele, who's thought to be a size 16-18, insists: 'I'd only

lose weight if it affected my health or my sex life, which it doesn't.'

She's recently cut down on sugar and has started going to the gym 'to get in shape for myself, but not to be a size 0 or anything like that'. She says: 'I'm curious to know if I would've been as successful if I wasn't plus-size. I think I remind everyone of themselves. Not saying everyone is my size, but it's relatable because I'm not perfect and I think a lot of people are portrayed as perfect, unreachable and untouchable.'

TURN FOR MORE ➡



◀ Hilary Duff

'I'd rather have my nails pulled off than diet!'

Actress Hilary, 28, felt the pressure to lose weight after giving birth to her son Luca, now three, but hasn't bowed to it. 'There's so much pressure to always have it together and I'm not falling for it,' she says. 'You see supermodels who have

babies and the next week they look as if they were never pregnant. That wasn't the case with me. I'd rather have someone pull my fingernails off than go on an actual diet. Some days I feel great, others I feel pretty normal, and that's acceptable.'



Refused to lose weight for movie

Amy Schumer

'I have no problems getting a man'

Amy, 34, was asked to slim down for the film *Trainwreck* by Hollywood executives, but laughed in their faces. And at an awards ceremony in June, she defended herself from body shamers, saying: 'I'm probably, like, 160lb (11st 6lb) right now and I can catch a dick whenever I want. Like, that's the truth. It's not a problem.' Amy's a size 10-12 and has stated: 'I'm not going to look like a malnourished bird.'

Kate Winslet

'I want to keep my sanity and feel happy'

Mum of three Kate, 40, has spoken about the pressure to be thin – and how she puts her 'health and sanity first'. 'I so didn't want to be one of those: "Oh, wow, she's back in shape after 12 weeks" women,' Kate said earlier this year. 'When I read things like that, I just think: "Oh, for f***'s sake, that's actually impossible."'

She added: 'If you spend too much of your time focusing on the wrong stuff, like how much you weigh, then you forget to enjoy the fun stuff, don't you? I'm no stranger to the occasional dodgy juice, but it doesn't taste very nice and it's bloody boring.'

Jennifer Lawrence

'I don't diet, I do exercise!'

Jen, 25, is our heroine when it comes to body confidence, insisting: 'I'm miserable when I'm dieting, and I like the way I look.' The size 8 star has also defended less-famous Hollywood actors who feel pressured into losing weight.

She said earlier this year: 'It's more about the struggle for the actors and actresses who haven't made it to a certain place. But it's nice being in shape for a movie – they basically do it all for you. It's like: "Here's your trainer. This is what you can eat." I don't diet, I do exercise! You can't work when you're hungry, you know?'

Briana: PREGNANT ALONE WHILE LOUIS PARTI

While Briana Jungwirth displays her bump, dad-to-be Louis Tomlinson isn't planning on settling down anytime soon...

Louis has been partying hard – and a pal says he's even planning a lads holiday after the baby is born



The hearts of a million One Direction fans shattered when the news broke that

Louis Tomlinson was going to be a dad. Now, three months on, these are the first pictures of mum-to-be Briana Jungwirth, 23, sporting a growing baby bump as she popped out for lunch in LA.

In stark contrast, Louis, also 23, was recently snapped partying in Newcastle and was subsequently thrown out of the Malmaison Hotel for reportedly 'trashing' his room.

Speaking to Now, a close friend of Louis says it's such antics that are causing Briana to doubt whether the singer is really prepared for the responsibilities of fatherhood. He reveals: 'Briana sometimes worries Louis isn't "emotionally

ready" for the baby because he's still living the life of a single man.' Despite this, however, bandmate Liam Payne has said Louis is taking his dad duties 'very seriously' and our source reckons Louis will step up to the plate once the baby has arrived.

But while Briana had initially thought a reconciliation with the star might be on the cards, it seems her hopes have since been dashed. The pair were reported to have become closer during the early stages of Briana's pregnancy, but Louis' pal says the star has ruled out any chance of a relationship and continued to see other girls.

Louis is definitely enjoying the single life for now. So much so, he's said to be planning a lads holiday weeks after the baby is born. However, our insider insists that Louis intends to be present at the birth and wants everything in place so he can support Briana and the baby properly.

Louis is even believed to be holding personal interviews with nannies so they can be his eyes and ears when he's not around. His priorities could well change when his mini-me pops out – but, if we were Briana, we wouldn't be best pleased...



& F ES

Now
EXCLUSIVE
PICS

News

The mum-to-be, who's thought to be about five months' pregnant, kept things casual in a tight long-sleeved top

Briana was spotted in her hometown of Calabasas, California, with her bump on display

Words: Hannah Fernandez. Photos: Coqueiro/Coleman/Rayner/Xposure

THEN
AA

Kate Hudson

Kate, 36, has a cracking body, especially after having two babies, but have her boobs had a little help along the way? Mark Norfolk, clinical services director at Transform, says: 'Looking at recent images of Kate, it appears that she may have undergone a very subtle breast augmentation. She's naturally very lean and I'd say she's gone from an AA to a full A-B-cup.'

NOW
A-B

THEN
B

Ellie Goulding

Ellie, 28, has said her bigger boobs are due to building up her chest muscles, but Alex Karidis says: 'Ellie's so trim she may have lost breast tissue and I believe she's benefited from a boob job.' Dr Esho has the same view and thinks her boobs are now 'more defined after a breast augmentation, especially in the middle of her chest. The surgery's been done well and looks natural, but these look like implants to me.'

THE RISE OF THE 'BABY'

Not all boob jobs are big. Some might actually be quite small...

There's a brand new celebrity boob trend on the block. Instead of massive 'torpedo bazookas', as Victoria Beckham once dubbed them, stars are now requesting subtler implants. Gone are the days of the Katie Price G-cup

in favour of a smaller and more natural look.

Meet the 'baby boob' job – a slight increase in breast size with a natural-looking implant. Cosmetic surgeon and Karidis clinic founder Alex Karidis tells Now: 'The days of big boobs are gone. Women are moving away from

large and obvious implants to a much subtler look. There's been a sharp rise in women coming into my surgery asking for smaller breast implants. These days they're asking for a full C-cup.'

Earlier this year, rapper Iggy Azalea, 25, revealed that she'd boosted her boobs from an A-cup

to a C. 'I love them so much I had to talk about them,' she said. "Everyone said: "I don't think you need to say it. No one will ever know because they're so small."'

Celebrity cosmetic doctor Dr Tijion Esho of Le Beau Ideal aesthetic clinic also confirms the trend, telling Now: 'A C-cup



**NOW
C**

**THEN
A**



Frankie Bridge

Frankie, 26, used to be small in the chest department, but we've noticed a bit of a boost. Alex Karidis says: 'Frankie's gone from pretty much nothing to something in terms of breast size. Although her breasts don't dominate her figure, these look like implants.' Dr Esho agrees that Frankie may have had a 'baby boob' job. 'These implants have been placed very well and are very subtle,' he says.



**NOW
B-C**

F BOOB' JOB

is the best size for most people who are having a breast augmentation for the first time. It's relatively safe and you'll still get a good lift. People will notice, but it won't be too obvious.'

We've taken a look at some suspiciously perky celeb boobs – and got the opinions of the experts – to see if they may have gone for a baby boob job...

BOUNCE!

Iggy can't stop talking about her new C-cup boobs



INSIDE TOM'S WEIRD SCIENTOLOGY WORLD



A tell-all book by former Scientologist Leah Remini has made some incredible claims about Tom Cruise's private life

It's the book that's sent the church of Scientology into a complete spin. Former Scientologist Leah Remini has unleashed her tell-all title *Troublemaker: Surviving Hollywood And Scientology*, exposing one of the most intriguing organisations in the world. And at the centre of many of her claims is Tom Cruise, widely seen as a pillar of the church.

By going public, 45-year-old actress Leah – a member of Scientology since childhood – has been completely cut off. 'No one wants to confront any of the questions being asked,' a close friend tells us. 'Leah's caused more damage than anyone's ever done, even Katie Holmes, and she's got a lot of people listening.'

The church was quick to refute her claims, issuing a statement on their website saying: 'She needs to move on with her life instead of pathetically exploiting her former religion, her former friends and other celebrities for money and attention to appear relevant again.'

But standing by her is close friend Jennifer Lopez, who's shocked and horrified by Leah's experiences as part of the church. 'Jen's been her rock and guide throughout this whole process,' says our insider. 'Now Leah's embarrassed she was sucked into such a bizarre scene – alien thetans, humans evolved from clams, space planes, Suri a returning messiah... She can't get her head around how blinded she was.'



Leah (left) was asked to invite her friend J-Lo, with then hubby Marc Anthony, to Tom and Katie's wedding

Tom's star-studded



Tom and Katie married in Rome

...on being separated from her best friend at the Tom and Katie's wedding
Leah claims that church leaders insisted she ask her close friend Jennifer Lopez

to attend Tom's 2006 wedding to Katie Holmes with her – but kept trying to keep them separate during the ceremony. 'They were trying to extract me, I can only assume to make Jennifer a Scientologist, and maybe I was barring that road for them,' says Leah.



Leah claims the Sea Org made sure nothing upset Tom at his LA home

Inside his closest relationships

...on ex-wife Nicole Kidman's relationship with her adopted kids

It's long been suspected that Nicole's relationship with her adopted children with Tom, Bella and Connor, is strained. Leah seems to confirm this, claiming that she heard Bella refer to her mum as a 'f***ing SP' – Scientology speak for 'a Suppressed Person' – during a car journey after the wedding.

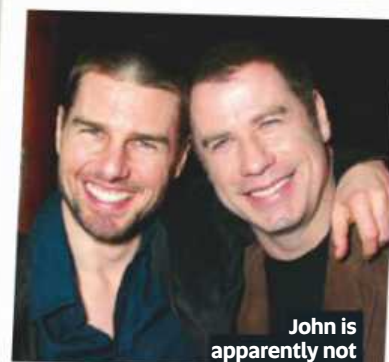
didn't like them,' she writes.

...on the church's advice to his girlfriends

Leah says her friend, Homeland actress Nazanin Boniadi, dated Tom for three months before he began seeing Katie. She claims Nazanin was told by church leaders to 'put your hands down his pants when you see him'.

...on his dislike of other celebrity Scientologists

Despite being fellow Hollywood stars, Leah says that Tom refused to accept John Travolta and Kirstie Alley into his inner circle. 'I heard that Tom



John is apparently not part of Tom's inner circle

wedding

...on Brooke Shields' mystery invitation

On board the same plane to Tom and Katie's Italian wedding, Leah recalls that Brooke was surprised to have received an invitation as it arrived shortly after Tom, 53, made controversial comments about her use of antidepressants.

...on finding baby Suri crying on the floor

After hearing crying coming from the bathroom at a pre-wedding dinner for Tom and Katie, new mum Leah claims she was shocked to find their seven-month-old daughter Suri screaming and lying on the floor while three women watched. Leah says she grabbed some milk from the change bag to give to Suri. 'My instinct to comfort her just kicked in,' she says.



Will and wife Jada played games at Tom's mansion

Tom's weird behaviour

...on his bizarre games of hide-and-seek

During an evening at Tom's LA mansion with fellow celebrities Will Smith and his wife Jada Pinkett-Smith, the actor apparently insisted that guests play a game of hide-and-

seek. When Leah refused, pointing out that her heels were too high to take part, she says Tom replied: 'Well,

good. So you're "it" then.'

...on his house being guarded by the church

Leah claims that Tom's LA mansion is monitored by members of The Sea Organisation, a section of the church acting as a private naval force. Leah says their presence was to 'make sure nothing upset Tom and immediately report it to the church'.



Homeland's Nazanin Boniadi dated Tom for three months



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Lauren Pope

Lauren, 33, has never been shy about admitting to Botox, fillers and a boob job – and who could forget that his 'n' hers nose job she had with ex-boyfriend Kirk Norcross in

2011? She's also said she's a fan of non-invasive treatments, while the cat-like appearance of her eyes and her super-smooth forehead in this new pic suggest she's been at the Botox again.

Lauren appeared super-smooth and line-free at a charity event last week



WHAT HAVE THEY DONE?

We take a look at the changing faces of our favourite Essex girls...



Lauren Goodger

After offering to get half-sister Jenna lip fillers as an 18th birthday present, this new pic suggests Lauren may have had popped in for some treatments too. The star, 29, has teased fans in the past, posting pics

on Instagram of inflated lips, only to insist later: 'I'm such a wind-up merchant!' However, she's previously confessed to breast surgery and in 2011, after complaining she 'hated' her profile, she had a nose job.

Lauren looked more frozen than ever at the opening of lingerie brand Boux Avenue's flagship store



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F&F

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Sam Faiers

Pregnancy is certainly giving Sam a gorgeous glow. The 24-year-old, who's expecting her first child in February with boyfriend Paul Knightley, has been very outspoken about

the fact she hasn't had surgery or fillers. But her skin looks smoother and her lips more plump than usual in this new snap. Perhaps she's found the world's most amazing lip gloss?

Sam insists she's a natural beauty, but she had a noticeably fuller pout at a recent signing



Ferne McCann

When Ferne, 25, started receiving negative comments on Twitter about her nose she contemplated surgery, but came to the conclusion: 'I could let the trolls win and get a nose job, but I don't think that's the

right message to send out to young girls.' However, Ferne's cheeks do look more shaped and her lips fuller in this recent pic. Perhaps au naturel Ferne has discovered some clever make-up contouring?

Ferne's lips looked more plump as she attended a birthday bash in London last month



SAFFY'S BACK!

Don't worry Saffy, fashion goes in cycles, so one day this, er, stuffy virgin look will be back in vogue – or at least Librarians' Digest.

CHEERS, SWEETIE!

The film follows Edina and Patsy as they get chucked out of a high-end fashion party and flee penniless to the French Riviera, where they concoct a way to live their fabulous life of booze and parties for ever. The movie was the result of a £100,000 bet with Dawn French, who said Jen would never write the script in time. Ker-ching!

First look!

AB FA THE M



NEXT GENERATION

Saffy's daughter with her Ugandan lover is now a stropky 13-year-old called Jane who can't bear her mum, but thinks her mad granny Edina is cool.

The cast of TV's sassiest laugh-fest are reunited for a big-screen epic!

Pass the Bolly, sweetie, darling, and fire up a ciggie – Edina and Patsy are finally back in our lives in the big-screen version of smash-hit comedy Absolutely Fabulous. We're so excited we could glug back a bottle of voddy and crash face down at our desks!

Stars Jennifer Saunders, 57, Joanna Lumley, 69, and Julia Sawalha, 47, have recently been spotted staggering all over the world – well, the South of France and London at least – filming. The highly anticipated movie is due out next year and features cameos from Emma Bunton and Peep Show's Robert Webb. Even Kate Moss is in the film, but – SPOILER ALERT – she carks it! Apparently.

FASHION AND FAGS

Patsy's clearly embracing the androgynous trend, but she may have taken it too far with that tache. As for the 'interesting' headpiece Eddy has on her bonce, we're guessing she's hiding a bottle of champers underneath it. Surely the only reason to wear *that*?

B:
OVIEEMMA INTRODUCES
THE NEW SPICE
GIRLS TOUR LINE-UP

It looks as though Emma Bunton, 39, has finally found a canny way of making that Spice Girls tour happen as a five-piece. Victoria Beckham isn't too keen on being in the band any more – she is the pouty, turban-wearing one, right? And Geri Halliwell (second left) has suddenly gone all new woman and embraced her real age... Oh, hang on, that's Jennifer Saunders. Oops!



'Mannequin, I love you, mannequin my friend...'



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NEED TO *know*

All the news, none of the snooze

NOW!

Bump bling!

KANYE'S PUSH PRESENT FOR KIM

Poor Kim Kardashian has made no secret of the fact she's physically struggling with her second pregnancy. Just last month she wrote on her website: 'I'm gonna keep it real: for me, pregnancy is the worst experience of my life! LOL! I don't enjoy one moment of it and I don't understand people who enjoy it.'

But while Kim, 35, is counting the days until the birth of her son next month, she now has something else to look forward to – a £500,000 'push present' from husband Kanye West, 38, for giving birth.

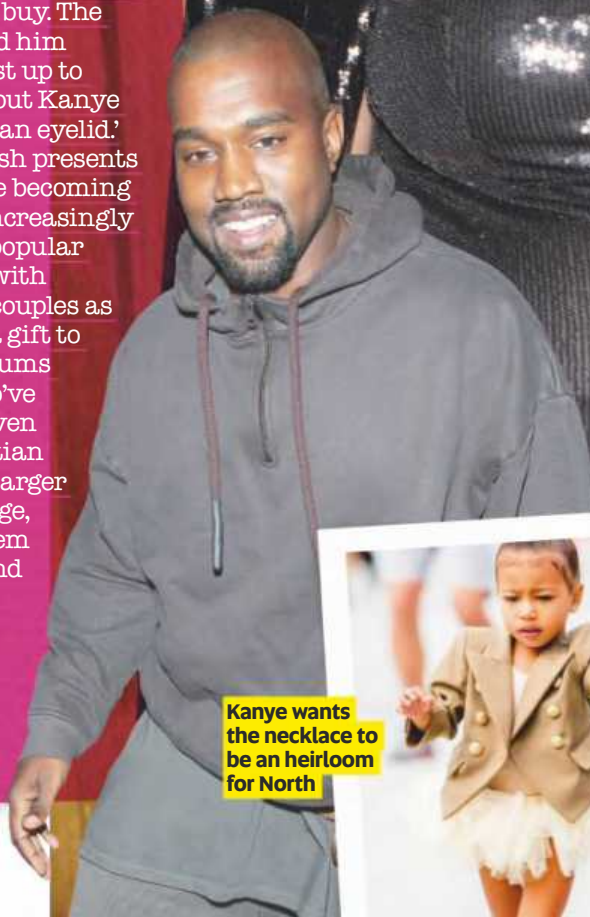
A source close to the couple says: 'Kanye's preparing for the birth by shopping for a very expensive gift for Kim. He wants to get her a multi-strand black

Tahitian pearl necklace and will pay whatever it takes. He's told a jeweller he works with he wants an heirloom for Kim to pass down to daughter North [two] and he wants it to be the best quality money can buy. The jeweller told him it might cost up to £500,000, but Kanye didn't bat an eyelid.'

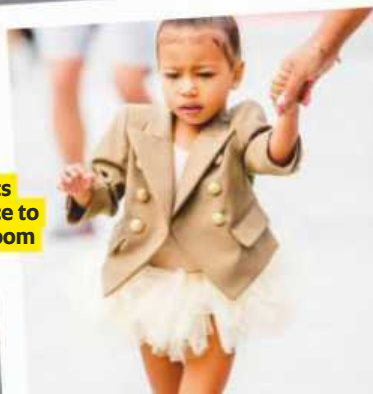
Push presents are becoming increasingly popular with couples as a gift to mums who've just given birth. Tahitian pearls are larger than average, making them a unique and expensive gift. But then, what else do you get for the girl who has it all?



Kim's revealed that she really isn't enjoying being pregnant



Kanye wants the necklace to be an heirloom for North



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NEED TO
know
NOW!

TV treat

Outnumbered returns!

The Brockmans will be back on our screens in 2016



Rejoice – there's a brilliant Christmas present coming next year. Outnumbered will be back for a one-off festive special and we couldn't be happier. The loveable Brockman family and their kids were last seen on our screens in March 2014, when

the show ended after five series. Creator Andy Hamilton reveals: 'We hope to visit the family for a kind of one-off. Me and Guy [Jenkin, co-creator], on our wall in our office, have a list of ideas we're trying to work out.' Excellent news!

Mini-me

Cristiano Jr is a Real lookalike of his dad



CRISTIANO OPENS UP

Footballer Cristiano Ronaldo, 30, opens up about his private life in the documentary film Ronaldo – including about his son Cristiano Jr, five. The Real Madrid star says in the film, which is at cinemas now, that he'll never reveal who the

mother of his mini-me son is. 'People speculate I was with this girl or another, or there was a surrogate mother. I have never told anyone and never will,' he says. 'Some children never get to know their parents, neither mother nor father. Having a father is enough.'

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One Direction, Kate Moss and a host of celebrities have teamed up to produce kids book The Curious Tale Of Fi-Rex for BBC Children In Need. And Now's giving you the chance to win one of 30 copies of the book signed by Kate Moss, or signed and framed 1D artwork! Just go to nowmagazine.co.uk/comp/childreninneed2015 to enter*.

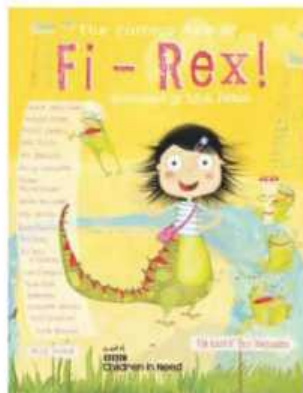
The book tells the story of a little girl who's half-human, half-dinosaur and has been

written by 25 stars, including Paul McCartney and Coleen and Wayne

Rooney. Each celeb was asked to write one page – but they were only allowed to see the last line of the previous page! The hilarious results saw each star taking Fi-Rex on a roller coaster ride through their imaginations.

You can also bid for a copy of the book boasting eight signed pages, including one by Take That, at an online

auction running until Children In Need night this Friday 13 November. Just go to fi-rex.auctionlots.co.uk/ to place your bid. The Curious Tale Of Fi-Rex is also available from all good retailers.



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POSH GETS EVEN SKINNIER

We're used to seeing VB looking slim, but she's looking thinner than ever...

When Victoria Beckham went to support her son Romeo, 13, at the launch of Burberry's Christmas campaign, it wasn't just the fading tattoo on her wrist that left us all gawping. Posh, 41, is no stranger to speculation about her weight, but she looked even more slender than usual at the party in London.

Dressed immaculately in black, it was impossible to ignore her jutting collarbone

and protruding shoulder bones. Her weight has fluctuated over the years, but she's always fought any criticism, claiming: 'I'm a very, very healthy eater. I eat lots of fish, lots of vegetables, lots of fruit. I don't eat junk food.'

I try to be quite disciplined in the way that I eat.'

We hope she grabbed a few canapés at the party!

Victoria's tattoo tribute to her husband David is now very faded

Words: Rose Adams Photos: Rex Splash, Xposure

Posh's dating rules for Brooklyn

Her 16-year-old son's dating French actress Sonia Ben Ammar, but VB's laid down the law with these rules...

- 1** Brooklyn had to ask permission from Sonia's family before he asked her out on a proper date.
- 2** Date nights mustn't go on beyond midnight.
- 3** He must have his phone on him at all times, so he's contactable when he's out on a date with Sonia, 16.
- 4** Brooklyn can't have more than one date

night a week, so he doesn't get distracted from his studies.

5 The Beckhams and Sonia's family must all spend proper time together – probably over the Christmas period – so they can all get to know each other better.



Brooklyn and Sonia enjoy a date night at the Hollywood Bowl

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CAITLYN WANTS BEYONCE'S WIGS

Bey's got the best hair in the business – and Caitlyn Jenner wants in

We all know that Beyoncé has the best hair ever – and

Caitlyn Jenner wants a piece of the action. An *actual* hairpiece.

After Caitlyn had a bit of a hair malfunction at stepdaughter Kim Kardashian's 35th birthday bash, accidentally revealing her clip-in weave, a friend of the 65-year-old says the star 'hates' up-close snaps as they often reveal she has balding spots on the crown of her head. 'Cait's hair is also brittle and super-dry from dyeing and treatments,' says the friend.

But she's got a plan! Via Kim, Caitlyn's been in touch with Beyoncé – and she wants to get wiggy with 34-year-old Bey's \$1 million collection. 'Caitlyn's heard Beyoncé's amassed the best wig collection in showbiz – she's bought them all over

the world, from Africa to the Middle East, and they're all made using human hair. They're spectacular,' adds the friend.

'Cait called Beyoncé and asked her to lend or give her some of her wigs until she can have a few custom-made. Bey feels for Cait and her unique situation, but she wasn't about to permanently part with any of her one-of-a-kind wigs.'

However, Beyoncé did agree

Caitlyn could borrow two or three pieces – they'll be flown by private jet from New York to LA in time for the festive season. Now *that's* dedication to your beauty regime.

HAIRPIECE DISASTER

Caitlyn failed to hide her clip-in hairpiece as she battled the windy conditions en route to Kim's birthday celebrations.

'CAIT HATES HER BALD SPOTS'

Caitlyn, can we recommend...



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Celeb SHOPPING SELFIES

What have the stars been shopping and sharing this week?



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DANIELLE ARMSTRONG

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ROSIE FORTESCUE

Stylish star Rosie does head to toe high street, adopting the swinging 60s look.

MILLIE MACKINTOSH

Actual lady in red Millie proves LRDs are the new LBD - this week anyway - in one of her own designs.



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Hollywood

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Now

CHILD-PROOFING AND ORGANIC MILK...

Actually, I prefer semi-skimmed

IT'S JAY-Z's Blue Ivy's RIDER!

The details of Jay-Z's backstage demands have been revealed... and he has a whole list of requirements for his three-year-old daughter Blue Ivy. Jay requests that the entire backstage room should be child-proofed, with all plug sockets covered and breakable objects removed. The room should also be stocked with organic whole milk for Blue to drink while she hangs backstage with her daddy.

Reassuringly, there are also

some more rock 'n' roll demands on the 45-year old rapper's list, including bottles of his own Ace Of Spades brand of champagne – and, um, a clause that requests no vacuuming takes place near his room. Edgy.



ED CROWNS TAYLOR MISS AMERICA

Ed Sheeran, 24, reckons a nod from Taylor Swift can boost your career – after his friendship with Swifty launched him in the States. 'An endorsement from Taylor will help anyone,' he says. 'She's Miss America. If she likes something, people take notice.'

So who else has benefited from a Swift handshake? Kiwi singer

Lorde, 18, has seen her profile go stratospheric since Taylor, 25, sent her flowers to congratulate her on her debut single Royals reaching No 1 in the US. And after Little Mix joined Taylor onstage in August to sing their single Black Magic, it jumped up the Billboard Hot 100 to become their highest charting US single to date.

Ed and Lorde reap the rewards of being in Taylor's squad



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LEO'S CRAZY DOPPELGANGER!



Fans of Leonardo DiCaprio are going mad for Swedish model Konrad Annerud, who looks uncannily like the actor back when he was really hot! Konrad, 21, has been racking up likes on his Instagram account for his topless pictures and

thoughtful poses, reminiscent of Leo, now 40, back in the 90s at the height of his fame. 'It can become a bit hard sometimes when people call me Leo instead of my name,' Konrad told Swedish website Nyheter. 'But it's fun to be like him. He's handsome.'

NORTH GOES FULL-ON KANYE

Kim Kardashian's daughter may take after her in the style stakes but her antics are more like her daddy Kanye West. Unlike most two-year-olds, North is more than accustomed to the presence of the paparazzi. And, just like her papa, she doesn't like them. Walking past a horde of paps recently, North repeatedly proclaimed: 'I said no pictures!' Remind you of anyone?



Jessica's new rabbit?

Jessica Simpson's reportedly in talks to launch her own range of vibrators. The 35-year-old star would like the line of sex toys to complement her existing lingerie designs – so no wonder she's been keen to share that she has a 'healthy sex life' with her husband Eric Johnson, 36.

Brad's support for Ange

Brad Pitt has praised the decision by wife Angelina Jolie, 40, to have ovarian and breast surgery. In a rare joint interview Brad, 51, said: 'There was no vanity to my wife's approach. She was doing it for her family so we could be together.'



Is Rob dating Karrueche?

After Rob Kardashian, 28, shared a screenshot of his private conversation with model Karrueche Tran, 27, on Instagram recently, people speculated the pair were dating. But Rob was quick to quash the rumours, revealing: 'I been friends with Karoooooch since high school.'

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INSTAPIX OF THE WEEK

Fun, filtered and far too revealing – the lives of the stars on social media

MAKING A SPLASH
Justin Bieber may look hot, but even he must be feeling the chill as he takes a dip in a glacial lagoon in Iceland.



HELLO?

Rita Ora won't have anyone hanging up on her while she's looking like *that!*



JENNY FROM THE CHOPPING BLOCK

Jennifer Lopez cooks up a Puerto Rican meal for actress friend Leah Remini.



J-Lo's cooking is Out of Sight!

SEEING DOUBLE

That awkward moment when Lauren Pope and Jade Thirlwall both turn up at The X Factor in the same outfit!



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GOING CLEAN

Celebs who beat addiction

Drugs and alcohol almost cost these stars their careers – and lives

KELLY OSBOURNE 50 PILLS A DAY

2002
Kelly was a wild teen, but says: 'I got a second chance'



2015
Now she's grateful to be healthy

At 13, after having her tonsils out, Kelly was prescribed the drug she'd later get hooked on: Vicodin. When she was 16 she encountered the opiate again while clubbing and started to buy it regularly. At the peak of her addiction she took up to 50 pills a day. After several trips to rehab, she tried again in 2009 and finally got clean. Kelly, now 31, has said: 'No one wanted to work with me. I had an awful reputation and it was my own fault. I'm so lucky because I got a second chance.'

ROBERT DOWNEY JR OUT OF CONTROL

2015
Robert's one of the biggest stars in Hollywood



1999
His addiction led to trouble with the police

Robert says he was a drug addict by the age of eight because his father gave him marijuana at six. But it was between 1996 and 2001 that the actor really spiralled out of control and was regarded as Hollywood's most wasted talent. Arrested on a number of drugs charges, including cocaine and heroin, he told a judge: 'It's like I've got a shotgun in my mouth with my finger on the trigger and I like the taste of the gun metal.' He was sacked from several jobs – including the TV series *Ally McBeal* – and close to bankruptcy. But when he met his future wife Susan Levin in 2003 he quit drugs on her insistence. Robert, now 50, credits Susan, therapy, meditation and yoga for keeping him sober and is finally the megastar he was meant to be.

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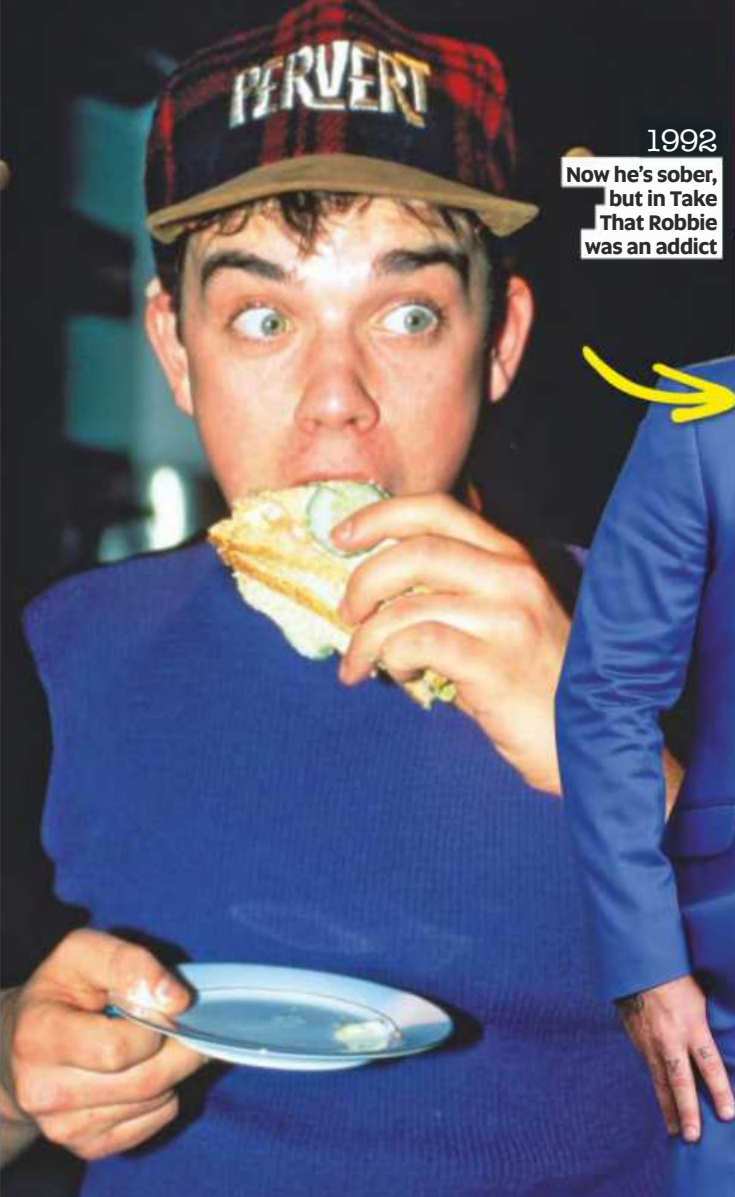
Moctar works closely with Fairtrade cocoa co-operatives in the Ivory Coast to help ensure farms are as productive as possible. Which in turn, helps growers and their families to enjoy a better quality of life. Indeed, Mars was the first UK company to sign up to Fairtrade's new Cocoa Sourcing Program. And we now source Fairtrade certified cocoa for all our Mars bars. And while Moctar works together with cocoa communities to help them thrive, he's also helping to grow our long-term legacy.

Read more about our cocoa sustainability commitments for 2020 at mars.co.uk/raisingthebar



Raising The Bar

mars.co.uk/raisingthebar



1992
Now he's sober,
but in Take
That Robbie
was an addict



ROBBIE WILLIAMS £1,700 A DAY ON COCAINE

Robbie started taking drugs when he joined Take That in 1990 at 16. He went on to dabble in an array of substances, including heroin. Alcohol and cocaine – which he spent up to £1,700 a day on – were his main vices, leading Elton John to book him into rehab at 19. But the prescription medication he was put on while in therapy almost became deadlier than the illegal highs. Robbie descended into years of Xanax, Seroxat and Vicodin abuse, even getting hooked on Lucozade. On his 33rd birthday in 2007, he checked into rehab for the second time. 'I was so deep into addiction I knew I was going to die soon, but I didn't care,' he said. After leaving rehab, Robbie, now 41, met his future wife Ayda Field, who he credits with keeping him clean.

NICOLE RICHIE HEROIN ADDICT

Reality TV star, socialite and the daughter of legendary singer Lionel Richie, Nicole blames the boredom of her lavish upbringing for leading her into drugs. 'I'd seen everything and you just want more,' she said. Smoking marijuana at 13, taking cocaine by 18 and addicted to heroin in her early twenties, Nicole's life descended into tabloid headlines and multiple arrests. Rather than an intervention, it was Nicole herself who made the choice to get clean in 2003. 'I made the decision for myself – I have to get off drugs,' she said. 'This isn't the life... this was heroin.' Today, the 34-year-old is a mum, respected designer and TV personality.



2006
Nicole was
arrested for
driving under
the influence



2015
Nicole's now
a mum and has a
successful career

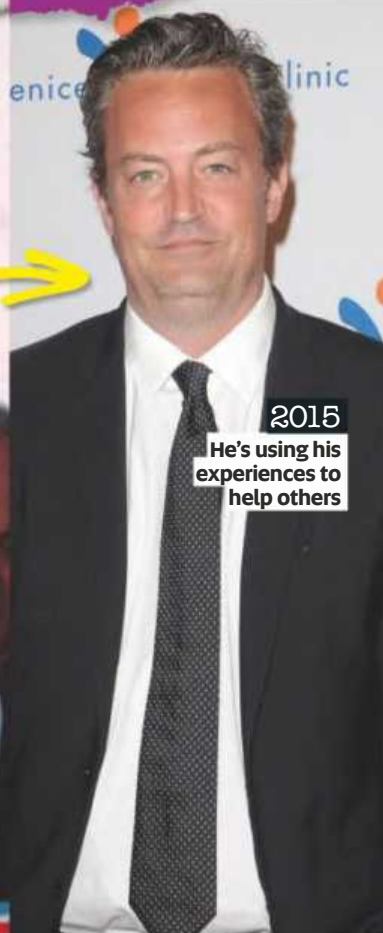


MATTHEW PERRY 'VERY LONELY'

✦ The *Friends* star entered rehab twice for his addition to alcohol and prescription painkillers Vicodin and methadone in 1997 and 2001. 'It was so public what was happening to me,' revealed Matthew. He was playing Chandler Bing in the sitcom during this period and has described his time on the show as 'very lonely'. Today, 46-year-old Matthew's sober and devoted to helping other addicts. He set up a clean living facility in Malibu, California, called Perry House and works closely with treatment centre Phoenix House. He says: 'If an alcoholic comes up to me and says: "Can you help me stop drinking?" I can say: "Yes."'



1997
Matt became a shade of his former self on *Friends*



2015
He's using his experiences to help others

KRISTIN DAVIS ALCOHOL STRUGGLE

Before finding stardom as Charlotte in *Sex And The City* in 1998, Kristin spent years struggling with alcohol. Now 50, she has a family history of alcoholism and revealed: 'I really didn't think I'd pass 30. I thought: "I'm gonna end up in a car wreck."' When Kristin was accepted onto an acting course at 22, she knew her excessive drinking would destroy any chances of a career. So she became teetotal and has remained so since.



DEMI LOVATO HIT A DANCER

By 18, ex-Disney star Demi was struggling with alcoholism and cocaine addiction. After hitting a backing dancer in 2010, her management and family forced her to go to rehab. She was diagnosed with bipolar disorder and sought treatment for bulimia and self-harming. After several relapses, she spent time at a sober living facility while working as a judge on *US X Factor*. Demi, 23, is now three and half years clean and goes to Alcoholics Anonymous meetings. 'It's one day at a time,' says Demi. 'But it's just like any other disease – you have to learn to live with it.'



2008
Demi was a troubled teen



2010
Dancer Alex Welch shows off her bruise after Demi punched her

TURN FOR MORE ➡

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Now PROMOTION

Aaron Paul and
Amanda Seyfried
reach out for hope

The legacy of LOVE

A new film from the director of *The Pursuit of Happyness* explores the close bond between a dad and his daughter

Every so often a film comes along and stops you in your tracks, forcing you to think about life, love and loss in a whole new way. *Fathers & Daughters* is one of those films.

Switching between the 1980s and the present day, the story follows the life of Katie, played as an adult by Amanda Seyfried, and the emotional fallout of her intense relationship with her widowed father, Jake Davis, played by Oscar-winning Russell Crowe.

Jake is a Pulitzer Prize-winning

writer, basing his latest book around his daughter. But he is also struggling with the challenges of mental illness.

We follow Katie as a youngster, charmingly portrayed by newcomer Kylie Rogers, then fast-forward 20 years to find Seyfried – star of *While We're Young* and *Pan* – as grown-up Katie, trying to break free from her childhood memories.

LETTING GO

As if the emotional plot wasn't enough to get you and your girlfriends to the cinema, there's

another good reason to see this movie in the handsome form of *Breaking Bad* star Aaron Paul. As Katie's boyfriend Cameron, Paul treads a difficult path helping her come to terms with her past.

Fathers & Daughters is directed by Gabriele Muccino of *The Pursuit of Happyness* and *Seven Pounds* fame. Muccino calls the film's original script one of the best he has ever read, 'It's about life, death, loss and the fear of losing the person you love.'

So make sure you book your tickets today... and take some tissues with you too.



**COMING TO
A CINEMA
NEAR YOU**

***Fathers & Daughters*
is released in cinemas
on Friday.**

DREW BARRYMORE DRINKING AT NINE

◆ Drew appeared on the cover of *People* magazine in 1989 as 'America's youngest addict'. Her alcoholic father John walked out before Drew was even born and her mum Jaid was a well-known party girl who took her eight-year-old daughter to parties. Drew was drinking at nine, smoking pot by 10 and using cocaine at 12. She'd been in rehab twice by 15. In her 1990 memoir *Little Girl Lost*, Drew revealed that she'd attempted suicide when she was just 14. 'I just wanted attention and sympathy,' she said. 'I certainly didn't want to die.' A year later, she won legal emancipation from her mum. By 1995, Drew's life was back on track and she became one of Hollywood's most bankable stars after *Charlie's Angels* in 2000. Now 40, she's an actress, a director, a producer and even owns a wine business. She's revealed she's not 'completely sober', but has managed to find a balance.



1987
By 12, she
was already
a drug user



2015
Drew's now a
Hollywood
power player



2002
He stripped off
in London's
Piccadilly Circus



RUSSELL BRAND ARRESTED 11 TIMES

Russell was addicted to heroin for five years and arrested 11 times, but has been clean for 13 years. 'Drugs and alcohol aren't my problem — reality is my problem,' he says. 'Drugs and alcohol are my solution. Even if it began as a timid glass of Chardonnay on a ponce's yacht, it would end with me necking the bottle, swimming to shore and sprinting to Bethnal Green in search of a crack house.' Now 40, he uses transcendental meditation to focus on sobriety and is a passionate advocate for rehab and recovery.

2015
Russell's
been clean
for 13 years





FACTOR'S LOUISA

I've got an alter ego – just like Beyoncé'

This year's favourite Louisa Johnson talks exclusively to Now's Amy Brookbanks about that fix scandal and erm... TOWIE!

She's the most-talked-about finalist on this year's X Factor and the bookies' favourite to win since wowing during the auditions with her rendition of The Jackson 5's Who's Loving You – and that awesome bandana. But despite music mogul Simon Cowell's confession to Now that *he* thinks she'll win too, Louisa Johnson insists she's got her feet firmly on the ground. 'I'm just focusing on myself,' she tells us. 'I'm just me.'

Judging by her performances already, it's clear 'me' could be one of the biggest stars in the show's history – so it's no wonder Louisa's been accused of being a 'semi-professional' singer, having previously made a music video and performed at gigs alongside big names such as Professor Green and Ella Eyre. She's even

bagged the much sought-after Twitter handle @Louisa.

Here, in a Now exclusive, the pretty 17-year-old from Essex reveals all on her new life in the limelight. Oh-so-sweet, well-rehearsed and steering clear of controversy, Louisa's like a perfect, genetically modified pop star – but she insists she's more like Beyoncé, complete with her very own alter ego! Oh yes...

'I'VE STILL GOT A LOT TO PROVE'

So Louisa, Simon has told us he thinks you'll win! How does that make you feel?

Did he? Oh my God, that's really, really cool. I really appreciate things like that – and it's Simon Cowell, and he's amazing, obviously! I need to focus, though, and not get too ahead of myself. I just say 'thank you' and that's that. I want to keep myself on the same level at all times.



Louisa's inspiration: Beyoncé



THE BIG INTERVIEW

**'I LOVE
DANCING
— I'M TOTALLY
CRAZY!'**

How do you manage that when you've been the favourite to win since the beginning of the series?

To be honest, I'm not one of those people who gets really excited about things, nor really low. If I get a good comment or a bad one, I just think: 'Cool.' I'm just focusing on myself, but I've still got a lot to prove and I'm still at a very early stage. I don't feel like: 'Oh yeah, I'm amazing,' just because people have said that. I'm just me and I can do better each week.

People have claimed you're not an amateur. What's the truth?

I'm not semi-professional, I've only just left college. I don't get paid to perform at gigs, I've only done about three in my life that I've been paid for and they've come via family members or friends. I made a video as it was a treat from my manager. I get why people think that, though — it's a compliment.

We've got to ask, how did you get your Twitter handle @Louisa?

If you don't use your Twitter handle for six years, the account is deactivated. I was at Thorpe Park one day, talking to someone about how I'd wanted @Louisa for ages. I knew it was free, but I didn't know how to get it. They told me how to do it. It was a fluke really. I really wanted that name before the show.

Why was it so important to you?

I didn't want my full name — I just wanted @Louisa. I mean, Beyoncé just has @Beyonce. I wanted something cool that stands out and is easy to find. I know it's just a Twitter handle, but I feel like you have to have the full package. People were coming up with all these conspiracy theories, but there's nothing in it.

OK, tell us a surprising fact about yourself...

Oh God... I'm absolutely crazy! Seriously. I have like a little alter ego. If you saw a few videos of me, I'm mental. I love dancing and my inner Beyoncé comes out.

What's your alter ego called?

I don't have a name for her yet. [Laughs] Beyoncé has Sasha Fierce... I need to find one!

TURN FOR MORE ➡➡

Is that who you'd like to duet with if you get to the final three?

Beyoncé is my No 1 choice. I love her so much – she's different, she works hard and doesn't just have one style. She's my inspiration. Her inspiration is Michael Jackson, so it all comes from him. If not Beyoncé, I'd duet with Christina Aguilera. I've hinted to a few people. [Laughs]

Has Simon been in touch?

He said if I ever need to talk to someone, he's always there. I feel like I can go to him for advice.

Have you got his mobile phone number?

No! Maybe one day...

Oh. We just wanted to know if he uses emojis...

I know, that would be weird. You can't really imagine it, can you? [Laughs]

If each judge was an emoji, which one would they be?

Rita [Ora] would be the dancing girl in the red dress, Nick [Grimshaw] the one with its tongue out, Cheryl [Fernandez-Versini] the princess and Simon... the laughing face with the tears!

You met Little Mix recently. Did they give you any good advice?

I spoke to Leigh-Anne [Pinnock] for a while and she was lovely, and she told me to get my personality across as much as I can. She's very down-to-earth and gave me advice on how to word things and just to enjoy the show.

You're newly single – did she give you any boy advice?

No, nothing like that.

Have any celebrities contacted you?

A few... I get quite a lot of Tweets from footballers.

Ooh, tell us more!

West Ham players Tweet me, as they know I'm such a big fan. They've asked me to come and sing at Upton Park – that would be a dream come true. Hopefully I'll do it soon.

Who's your favourite footballer?

Paolo Di Canio, who used to play for West Ham. I met him when I was a baby, but I don't remember it. My dad loves him and I've

been brought up around that, so I do too.

You've been re-Tweeting people from TOWIE. Are you friends with anyone on the show?

No, but they're all supportive as we're from the same area – it's like Team Essex! [Laughs]

Who's your favourite TOWIE star?

Bobby Norris! I love him – he's so cool and funny. I think we'd get along so well. I met Lauren Pope the other week at the live show and she's really lovely too.

Give us the goss: who are you closest to in the X Factor house?

All of the girls. We share a room and have little parties in the bathroom in the morning!

Do you get any sleep?!

It's a really big room. There's loads of space. We understand some people want to go to bed early and others stay up – we're really chilled out.

Does anyone snore?

Che [Chesterman] snores so bad, we can hear him from our room!

Who's the messiest?

Erm... To be honest, I am. I get so stressed out when I'm deciding what to wear. I just chuck stuff everywhere!

What do you think about the rumours Louis Walsh is coming back to the judging panel?

That would be really cool – and because he wouldn't have a category, he'd give honest opinions.

Should one of the judges be given the boot?

No, bring Louis on as well! I think the panel's really good this year.

Do you find it weird that so many people are talking about you?

Erm, not really. People are always going to talk – I don't listen to it and I don't read stuff about me. You've got to take the good with the bad.



Louisa hopes to live in LA one day

She's newly single after splitting from boyfriend Ellis

With her mentor Rita

Have you ever felt low?

Yeah, but I feel like you just have to get over it. You think: 'It's not going to be like this for the rest of my life.' I'm quite a chilled person. If you think positively, then positive things will happen.

When were you low?

I was in a bad place when I was at school and I didn't really enjoy it. I didn't 'get' the whole school thing. I'm in such a good place now, though. I really feel like this is where I'm meant to be.

You've Tweeted selfies in LA. Would you like to live there?

I want to sell out arenas and be known around the world for my music and, yeah, I want to live in LA. When I went there, it just felt right. I felt like I belonged there.

Does fame scare you at all?

Do you know what, it actually doesn't. I know that's a weird thing to say, because I'm so young, but this is all I've ever wanted to do and I feel like I've been preparing for it for a long time. I know what to expect, I know it's going to be difficult at times, but this is what I want. I just have to deal with it.

'SIMON'S SAID HE'S THERE FOR ME'

Have you had any Twitter trolls?

Not directly, which is really nice. I've seen things written about me, but I don't go looking for it. I don't Google my

name because I don't want to get annoyed or worked up about anything.

You're so mature!

I've had a lot of help from my family and I have good people around me, so I know what I'm doing. I'm a really happy person.

Your mum Lisa's a life coach.

Does she help you?

She's recently become one and her mindset has totally changed. She went through some stuff and got quite upset, and she wanted to change, so she did. It's all about having a positive mindset.



4th Impact find a quick moment to check their phones while getting ready



ACCESS ALL AREAS!

REHEARSING HARD

It's show time! As I enter Fountain Studios in Wembley, north London – home of the X Factor's live shows – the building is buzzing with excitement. Girl band 4th Impact are perfecting their harmonies to a Jessie J hit, while Che Chesterman is plugged into his laptop humming along to a slow R&B track. Do this lot ever stop rehearsing?

But what we all really want to know is, what goes on backstage in their dressing rooms? Amid a hive of hair, make-up and bang-on-trend outfits, this year's hopefuls are being pampered and preened as they sip bottles of Highland Spring water and munch on smoked salmon sandwiches from Pret A

Manger and packets of Skittles. As I grab a few cheese rolls (a girl's got to eat!), this year's bookies' favourite to win, Louisa Johnson, is tucking into a veritable McDonald's feast, while Monica Michael enjoys a jacket potato and coleslaw washed down with a Diet Coke. How do these



Now sneaks behind the scenes at The X Factor

When showbiz writer Lucy Gornall got backstage at an X Factor live show, she grabbed her pad and pen – and camera – and went all James Bond for us...

slim stars-in-the-making boast such enviable flat stomachs? 'Spanx!' reveals X Factor stylist Gemma Sheppard. 'They give you a great, clean silhouette.'

MAKE-UP SECRETS

After dinner, it's the moment we've all been waiting for: hello, X Factor hair and make-up room! With 40 cans of Tresemmé hairspray, wigs and 150 different lipsticks, we're in heaven!

We get the goss from X Factor make-up artist Julia Carta, who spills the beans on Simon Cowell's grooming routine. 'It takes him 10 minutes to get ready. I just make him look expensive,' she reveals. 'I call his hair "The Hedge" because it *really* looks like one.' Well, yes...

And now, it's 7.30pm, and the X Factor acts and their friends and families grab their last selfies, gulp the last of the prosecco and head to the arena for the live show...

Hairstylist Aaron Carlo perfects Lauren Murray's glossy mane



POST-SHOW

By the time the credits roll, it's back to the bar, where tongues are wagging as 2010 X Factor contestant Sophia Wardman [from Belle Amie] chats to host Olly Murs, who invited her along, and he even gives her a cheeky peck during the show's ad breaks. It's harmless, though – Sophia has a boyfriend, while that week rumours are rife Olly's dating another former X Factor singer, Diana Vickers.

Meanwhile, Max Stone stands alone looking nervous, as Anton Stephans relishes the endless fan attention – even Little Mix's Leigh-Anne Pinnoch's mum Deborah is eager to say hello! But smiles quickly switch to tears, as he breaks down when I ask him about recent claims he's been lying about his past. 'I had to get away from the most horrible people and change my life,' he sighs, as I offer him a hug.

There's more waterworks as we spot Che cuddling his sobbing girlfriend, Megan Hanley, outside the studios. The X Factor must be taking its toll on the young couple, who are only able to grab a few precious moments together each week. Oh, it's all too much!

Keira Weathers gets a hair-over



Now PROMOTION

Party COUNTDOWN!

Be the best-dressed guest at every Christmas party with a perfect pout

You've found a gorgeous dress and dance-all-night heels, so make sure your smile and make-up have the wow factor too, with this season's hottest look – berry lips. Get your party prep started now for shiny hair, glowing skin and a pearly white smile.

Get glossy

Give your locks some love by slathering on a deep-conditioning treatment. For a homemade option, smooth on coconut oil overnight (put an old towel on your pillow) or mash half an avocado with a little olive oil and apply to hair for 15 minutes before washing out.

Brighten up

Get the glow back in your skin with a gentle facial exfoliator. It'll eliminate dead skin cells to leave you with a luminous complexion. Use a rejuvenating serum

under your moisturiser for an extra boost of hydration.

Sparkle and shine

For your teeth, Pearl Drops is the dental beauty expert. Pearl Drops Lasting Flawless White toothpolish whisks away stains and makes teeth visibly whiter in as little as five days. Thanks to its patented Mineral Complex, it will fill in and smooth imperfections and help lock out stains. Use it for a fortnight and it'll remove 100% more surface stains than a regular toothpaste, and use on an ongoing basis to protect from future stains and maintain a party-perfect smile.

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New Pearl Drops Lasting Flawless White, £6.99 for 75ml, is available from larger Boots and Superdrug stores and online. Go to pearldrops.co.uk for more information or follow on Twitter @PearlDropsUK.



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Winter wow looks

1 Keep all eyes on your gorgeous white smile by making sure your base is flawless. Moisturise, then dot on concealer where you need it. Using a flat brush, sweep foundation on areas where your skin tone is uneven and blend. Finish with a dusting of powder.

2 Add a natural-looking glow with a cream blush on the apples of your cheeks.



3 Go for golden eye make-up for a party sparkle. For a softer wash of colour, use a fluffy brush and apply in small sweeps, blending as you go. For a denser shade, opt for a flatter brush as it'll deliver more colour. Finish by lining your eyes with a creamy kohl pencil.



4 Dab a little shimmering highlighter along your brow bone and in the inner corners of your eyes. Finish with plenty of glossy black mascara.

5 Frame your smile with dark berry lips. Choose a shade with a blue undertone to make your teeth look whiter and use a lip liner for definition. Apply your lip with a brush for a perfect pout. Now all you have to do is smile and have fun!

11 things you didn't know about

Liam Hemsworth

‘The fear of dying is part of the fun of surfing’

The *Dressmaker* actor certainly likes to live life on the edge!

Knife warrior

They might be pals now, but as youngsters Liam and his older brothers Luke, 34, and Chris, 32, were always fighting with each other. Their mum Leonie even broke her finger as she attempted to break up one ruck! Speaking about *Thor* star Chris, Liam has revealed: ‘We’d play this game where you’d have to stand about 2m from each other and take it in turns to throw a knife close to the person’s foot and stick it into the ground. There were a few cuts and bruises, a few shaves here and there.’

Surf star

Melbourne-born Liam, 25, isn’t shy about showing off his toned physique as he catches waves on his surfboard. He says: ‘The fear of dying is part of the fun.’ Liam’s a bit of an exercise addict and admits: ‘I love going to the gym, sweating, running

‘I LOVE TO WORK UP A SWEAT!’



Young Liam takes a break from fighting



He loves to strip off and get wet

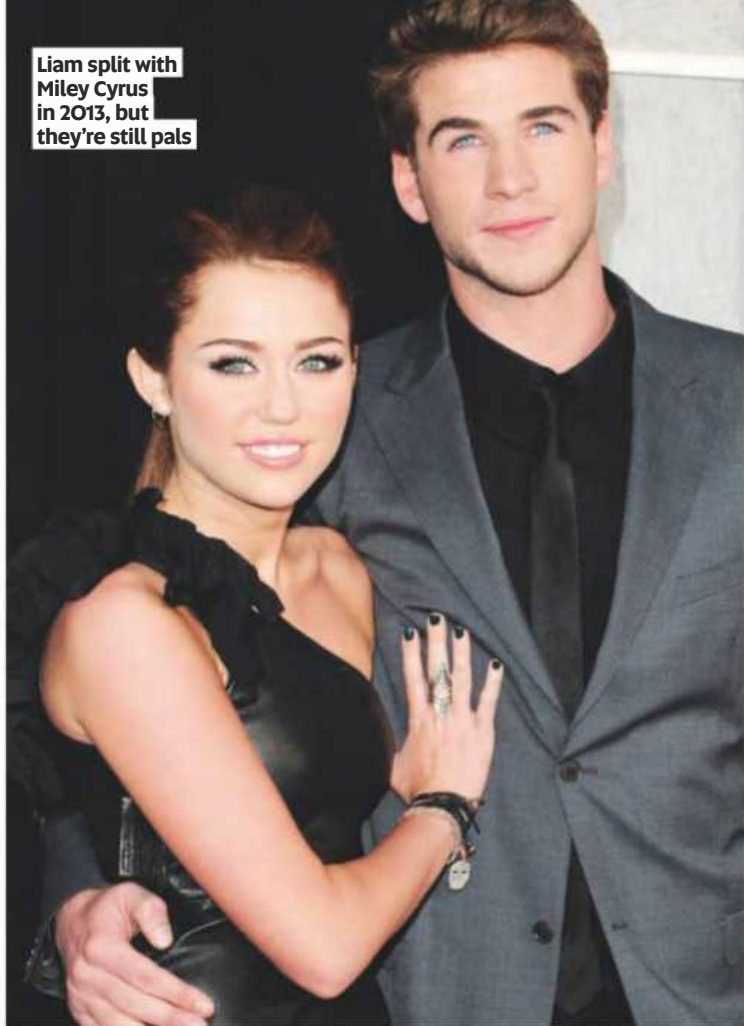




GEORDIE SHORE:
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Liam split with Miley Cyrus in 2013, but they're still pals



around, feeling like I'm having a heart attack.' Er, us too...

Sexy man

In 2013, Liam was ranked No3 on Glamour's Sexiest Men list. His brother Chris came in at No7. We bet that was an interesting dinner conversation!

Runs in the family

Liam and his two actor brothers aren't the only family members who've been in the limelight. His cousin Rob competed on Aussie series *My Kitchen Rules* earlier this year. Speaking about his famous family, Rob said: 'Their fame is full-on. Normally it's me behind the camera taking shots of them with fans.'

Squirrel fan

He's a bit obsessed with squirrels. After claiming Australia doesn't have them (it does!), he recalled the first time he encountered one of the fluffy critters. 'I was at a meeting at Disney. I was like: "What the f***!"' Well, they *are* pretty cute...

Dog lover

Squirrels aren't the only animals Liam loves – he's

pretty sold on his rescue dog Tani, too. He's often spotted taking strolls with the adorable pup and even kitted her out with a cool Star Wars collar. Lucky pup! Just two hours after Liam posted a photo of her on Instagram, 43,000 people hit 'like'.

Sex education embarrassment

Having the 'birds and the bees' chat with your parents is bad enough at the best of times, but for Liam it was even worse as his mum Leonie taught his high-school sex education classes. He's revealed: 'We had this one time where we were given out cards of different sexually transmitted infections and you had to stand



Liam with his beloved dog Tani



Acting brothers Liam, Chris and Luke



His Hunger Games co-star Jen is also his best friend

up and talk about the card. She picked me out of the whole room. It was like: "Well, I have chlamydia... Thanks for this, Mum. Good class." Awkward!

Friends with his ex

Although Liam and Miley Cyrus called off their 15-month engagement in September 2013, they're still friends. A source close to Liam says he told him the pair would 'always be best friends'. Earlier this year, Miley, 22, admitted: 'Me and Liam are still so close and we love each other.'

Celeb BFF

Liam often hangs out with best friend Jennifer Lawrence, 25, who he worked with on *The Hunger Games*. The pair have gushed about each other several times, with Liam revealing Jen was super-supportive following his split from Miley. 'Being around someone like Jen, who's so honest

and laughs all day long, I'm forced to be in the right-now,' he said. And Jen's confessed: 'I guess the thing that surprised me is I'd never expect to ever have a man this good-looking be my best friend. He's the most wonderful, loveable, family-oriented, sweet, hilarious, amazing guy.' Aww.

Girly side

He may be all man, but Liam isn't afraid to show his feminine side. 'I love sitting on the couch and watching movies – I don't know if that's girly or not,' he says. 'I like getting my feet massaged – I'll get whoever's closest to do it.' Er, can we volunteer for that?

'J-LAW IS SO HONEST WITH ME'

Top chef

Liam has a hidden talent. He's revealed: 'I'm a really good cook. I'll do anything Italian, like spaghetti or pizzas. I studied cooking all through high school.' Talk about ticking all the right boxes!

The Dressmaker is at cinemas nationwide from 20 November

#WHAT'S

Freending

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Cheat your way through the next seven days with Now's week in chic



BILLIE FAIERS

EXCLUSIVE

SNEAK PEEK AT BILLIE'S CHIC

We can't wait for this – Billie Faiers has teamed up with celeb fave InTheStyle.com to design a new range. See what happened when Now quizzed her on TOWIE, motherhood and being the best dressed guest at nowmagazine.co.uk.

BEANIE VS BOBBLE

After the success of last year's alphabet scarves, which raised £650,000 for Alder Hey Children's Hospital in Liverpool, Matalan's doing good again with its #imabeenie #imabobble campaign, with *all* proceeds from both going to the charity. We're a bobble – which are you?

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Raking in over 12k likes on River Island's Instagram (12.2k to be exact), fashion blogger @CarrieBradshawLied has made us *need* to pop these white co-ords in our basket.

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WONDERBALL

Since its launch a year ago, one of these brushes is sold on average every second. Wowzers!

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BALL BRUSH



LET'S BE FRANK

Coffee-based Aussie skincare brand Frankbody has finally launched in the UK. Its body scrub – containing roasted and ground robusta coffee beans plus sweet almond oil – is so magical that one sells every 40 seconds.

Jessie J's
a fan



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HERE'S THE THING...

All-round stylish sort Poppy Delevingne knows good fashion – she wears clothes for a living, after all. So when the model dons fringed knits, those boots with the cone heels and basically anything designer Isabel Marant has ever so much as dreamt of... well, you know it's very much 'a thing'.



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THE INTERNET MADE ME DO IT

Curses! Our Twitter, Facebook, Instagram and Pinterest feeds are chocker with people toting Chloé's £1,145 Faye bag ATM (At The Moment). Well, in your face wibbly-wobbly webbers cos we've found this lookalike from Mango!

GUCCI MADE ME DO IT

The high street's homage to Gucci-style horse bits has got us, um, champing at the bit. While moneybags like Amal splash their cash on the real deal, we'll be trotting down to Topshop for our It bits (no more pony puns now, promise).



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I NEED A HUG

Charlotte Simone brought us fun-fur stoles, popsicles and dual-bobble hats and now comes: the snuggly snood! Opt for nude hues if you're feeling ever-so Grace Kelly – a bit traditional – or treat your clavicles to winter 2015's most exciting buy, the striped Huggy (above).



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TOPSHOP MADE ME DO IT

Well, Topshop via Miu Miu... But the cult status of these block heels only became real when high street hottie Topshop wheeled out its real-life versions. Treat your feet, take a pic, stick a filter on it, then social the shiz out of your new shoe-shoes as standard.

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CODE: BMH5

THIS 'WEITZ' GUY MADE ME DO IT

Over-the-knee boots are oft touted as jaw-droppingly sexy – in reality, they just keep your thighs toasty. Shoe guy Stuart Weitzman's style has hit cult status for three reasons: 1) adjustable

tie-tops so you can switch up how snug they fit (depending on the status of your Terry's Chocolate Orange habit); 2) comfy block heels; 3) they give you legs for *days*.



Words and styling: Cilly Ferguson. Photos: Catwalking, Rex

WINTER MADE ME DO IT

Cripes, it's cold! Turn to p60 for Matalan's charity hats or treat your noggin to one of these novelty knits, cosy enough to keep your brain balmy yet cool enough to earn you kudos on your commute. Expect to see bobbles *everywhere*.



Sounds like a curry,
but it's actually
the official colour
of the year

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Burgundy is

Wine-coloured clothing is having a moment – get swigging!



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The LBD just took on a new meaning
(Little *Burgundy* Dress, of course...)



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TESCO



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WONDERBRA



£14
F&F AT
TESCO



£55
RIVER
ISLAND

Switch... black
jeans for wine-
coloured
skinnies

Trade... boring
black pants for
sassy marsala
undies

Bin... black heels
in favour of maroon
skyscrapers

Stay classy,
people!

RON (ACTUAL
BURGUNDY)





New shoes alert!

Check out the hot new season shoes and boots from Tu at Sainsbury's

Never underestimate the transformative power of an amazing pair of shoes or boots. They're perfect for adding punch to a new outfit or giving your winter wardrobe staples a sleek, on-trend finish without splashing too much cash.

This season, no fashionista should be without a pair of sexy, strappy Mary Janes in shiny black patent – it's the ideal shoe to take you from a day in the office to a night out.

Casual weekends away, or a relaxed brunch with the girls, call for a smart ankle boot with biker buckle details and bags of off-duty chic. While sexy snakeskin-effect pumps will jazz up both jeans and a skirt. So go on... treat your feet now!

HAT £12
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TOP £16
SKIRT £18
BAG £18
BOOTS £25

Now PROMOTION

BLOUSE **£18**
SKIRT **£16**
SHOES **£18**

The flat pump has gone all grown up with a snakeskin-effect finish and chic gold trim

TROUSERS **£20**
SHOES **£14**

Tu *only at*
Sainsbury's

The Tu winter collection is available now online and in selected stores. Subject to availability. Search Tu clothing.

in store | online | mobile

5AM? I DECIDE WHEN THE NIGHT ENDS, NOT MY PERIOD.



New* Always Ultra. Up to 100% leak protection.

Stay out till sunrise with new Always Ultra. Its super absorbent core has liquid locking gel, and gel can't leak.

Remember, great stories don't happen when you stay in. Also available in Liners.

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NEW ST IVES
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BINKY
FELSTEAD

Suddenly feel like your skin has gone all blah? Don't fret, these new beauty saviours are here to rescue you

Winter skin SOS

'This stops my skin looking dull and tired in the winter months. I use it with my cleanser about three times a week'

Cold weather and central heating suck moisture from the air, so it's no surprise our skin feels lacklustre when winter arrives. Skin expert Dr Murad says: 'As soon as you click on that thermostat, it's a good time to make a skin switch too.'

Get the glow

Complexions can look sallow as we lose sight of the sun. Give yours a boost by adding a brightening cream to your daily regime and exfoliate two or three times a week.

The best buys for you

- 1 Argan+ Oil Radiance Lifting Serum, £15.99, Waitrose
- 2 St Ives Sensitive Skin Gentle Apricot Scrub, £5.10
- 3 Superdrug B Radiant Overnight Mask, £11.99



Always make sure you moisturise after you exfoliate

Tell us your beauty needs...
and we'll tell you the best products out there for you

POWDER

The game-changing new beauty site

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Winter skin saviours

InstaGLAM



Beat the dry

Fight the elements with a hydrating day cream and a super-nourishing one at night. Once a week use a moisture-packed mask.

The best buys for you

- 1 Nivea Rich Moisturising Day Cream, £3.99
- 2 Clarins Blue Orchid Face Treatment Oil, £32
- 3 Simple Kind to Skin Deep Cleansing Face Mask, £3.99
- 4 Soap & Glory Speed Plump Overnight Moisture Miracle Mousse, £14, Boots



KATE
DUCHESS OF
CAMBRIDGE

Have a slice of watermelon before bed. It's 97 per cent water, but has more antioxidants and will stop night-time loo trips



E-red-icate!

Rosy noses are cute, but not when they stick around and start spreading to your cheeks and chin. Stop the red rash in its tracks by building up a barrier and soothing already damaged skin.

The best buys for you

- 1 Phytomer Douceur Marine Soothing Cocoon Mask, £23.50
- 2 MOA The Green Balm, £17.50
- 3 Eucerin AntiRedness Tinted Concealing Day Cream SPF25 UVB + UVA protection, £20.50



LAUREN
CONRAD

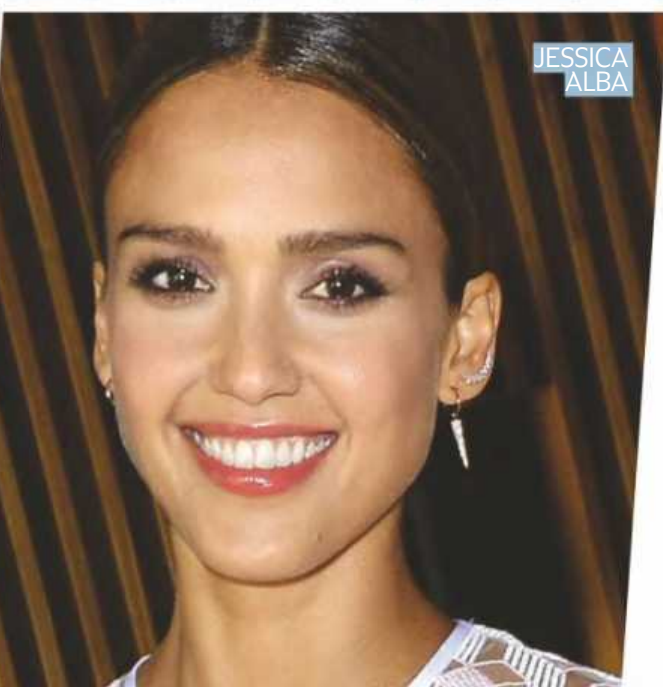


Spot fighters

Acne-prone skin is suddenly under even more stress, so give it some relief and pair an oil-free serum with a light moisturiser rather than overloading with heavy creams. Reduce the temperature of your showers and quench from within by upping your water intake.

The best buys for you

- 1 Dr Murad Blemish Clearing Solution, £39.50
- 2 Clarins Skin Beauty Repair Concentrate SOS Treatment, £42
- 3 Dr Hauschka Night Serum, £39



JESSICA
ALBA

Now

Newsletter

Your DAILY celebrity edit

1
Breaking
celebrity
news

2
Unseen
photos

4
Latest
fashion &
trends

3
Behind-
the-scenes
videos

5
Exclusive
competitions



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nowmagazine.co.uk/newsletter

Winter skin saviours



KATE
UPTON

Lips

- 1 La Roche-Posay Cicaplast Lips, £6
Smooth this on for an overnight treatment.
- 2 Bobbi Brown Lip Balm SPF15, £16
Makes lips feel dreamy.



Feet

Starskin Walk Of Fame Foot Mask Socks, £6.99

Slip on socks that repair and soften your tootsies



Apply straight after showering when skin is more absorbent



JENNIFER
ANISTON

Body

- 1 Aveeno Daily Moisturising Lotion, £5.10
- 2 Korres Water Lily Body Milk, £10
Light on your skin and sinks in fast.
- 3 No7 Beautiful Skin Foaming Shower Oil, £9.95
Soft skin goals!

Avoid excessively hot baths and showers as they dry out your skin



Hands

- 1 E45 Repair & Protect Overnight Hand Cream, £3.45
- 2 L'Occitane Dry Skin Hand Cream, £19

Cheryl is an E45 fan



Cult buy! Our hands can't live without it

CHERYL
FERNANDEZ-
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Achoo & Improved

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how to supersize your life

Easy ways to blow off a cold!

1 DRINK A COLD REMEDY

Try Asda Cold & Flu Relief sachets, with some natural honey stirred in. The lemon thins mucus and the honey is antibacterial, plus sipping and breathing in steam stimulates the cilia (the hair follicles in your nose) to move germs out more efficiently.

2 EAT PROTEIN Research shows diets that are too low in protein can deplete the immune system. Fish, eggs and yogurt are all great sources of protein.

3 STOP GERMS IN THE GYM Rhinoviruses can live on surfaces for up to 48 hours. Lay a towel down when you work on a mat and take some antibacterial wipes to clean off equipment.

4 CLEAN YOUR DESK If your work colleagues are ill, have a quick clean every morning. Also, sanitising your hands when you get



to work eliminates any bacteria you've picked up on the commute – try Heathcote & Ivory Hand Sanitiser, £3.

5 MAKE A JUICE Blending a green juice every day will help boost

your immune system. Also, drink lots of water to flush away nasties.

6 INCREASE YOUR ZINC If you think you're getting a cold, take Holland & Barrett Vitamin C And Zinc tablets for a few days to help relieve symptoms. Vitabiotics Echinacea Tablets, £10.95, can also help you get better faster.

7 SLEEP Our bodies need seven to eight hours of sleep to stimulate an immune response from our 'natural killer cells,' which attack viruses.



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TOP TREATS for meh days

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3

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+ white in
the middle
= heaven.

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You & Improved

Oh.My.Bod.

Kimberly Wyatt, 33, shares

her top-to-toe health secrets

I've danced for 25 years and it shows'

HEIGHT: 5FT 6IN
WEIGHT: 'I DON'T WEIGH MYSELF'
SIZE: 6-8

What's your favourite type of workout?

I like to mix it up so

I normally do a lot of circuit training and of course dancing. I try to go about four times a week – but it's dependent on me working, being a career woman as well as a mummy.

How do you juggle that?

As carefully as I can. Sometimes my schedule is jam-packed and sometimes it's easier to deal with. My daughter Willow [10 months] takes precedence over pretty much everything, but if it means I have to get up at 6am to get a workout in or wait until she's asleep, I'll do that.

What's your favourite body part?

Probably my back, neck and shoulders. I've done 25 years of dance and it shows.

Is there a part of your body you struggle to keep in shape?

I gain weight everywhere – on my arms, legs and tummy – so I have to work to get it all off. But the tummy's always last in line, especially after having a baby. I do a lot of abs and pelvic floor exercises.

Have you got a guilty food pleasure?

I love Victoria sponge cake! I try to save cake for birthdays, but my husband [Max Rogers] and I usually have a cheat day once a week.

What's your favourite tippie?

I love a glass of red wine, but I refuse to wake up with a hangover with my little girl so recently I've been having grape juice in a wine glass!

Kimberly's teamed up with Sure Compressed to prove the smaller, smarter can last as long as the big can. Find out more at suredeodorant.co.uk

KIMBERLY'S FOOD DIARY

Now's expert sports nutritionist **Ollie Frost** gives his verdict on her daily diet



Breakfast

Porridge with honey and raisins, plus a fresh juice with cucumber, celery, apple, pear and maybe lime.

OLLIE SAYS Porridge oats are high in dietary fibre to fill you up and prevent overeating later on. Porridge contains essential carbs needed for brain function and energy.

497 cals

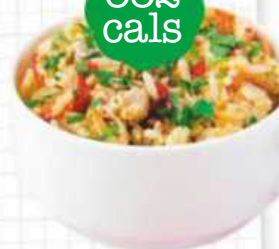


Lunch

I like vegetables with rice, or wraps such as halloumi or chicken.

OLLIE SAYS Wraps are a great way to energise your body at lunchtime, providing dietary fibre. Chicken helps increase the feeling of fullness and veg is high in volume but low in calories.

662 cals



Dinner

I love making celeriac purée with chicken or a beef fillet and some roast asparagus.

OLLIE SAYS Beef is rich in the amino acid leucine, which helps muscles burn calories, promoting fat loss. It also has high amounts of zinc, which helps cell growth and improves immunity.

420 cals



Snacks

I try not to snack, but I'll keep carrots and hummus around or some nuts, or a piece of fruit like a pear.

OLLIE SAYS Nuts contain high levels of polyunsaturated and monounsaturated fats, which can help to reduce heart disease. Pears contain anti-inflammatory flavonoids and anti-cancer phytonutrients.

318 cals



TOTAL CALS 1,897 (GDA 2,000)

VERDICT Kimberly's diet is packed with essential vitamins and minerals, as well as a healthy dose of carbohydrates. Her food is varied and interesting at the same time, choosing single ingredient sources of food. She gets 10 out of 10 from me!

Follow Ollie on Twitter @Ollie_Frost

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- 10-piece set includes: Nutriblend power base, large tumbler (700ml), 2 small tumblers (350ml), blender blade, grinder blade, 2 tumbler rings and 2 stay-fresh lids. Only £49.99 (was £99.99 – save £50).
- 15-piece set includes: Nutriblend power base, 3 large tumblers (700ml), 2 small tumblers (350ml), blender & grinder blades, travel lid, shaker lid, 2 tumbler rings and 3 stay-fresh lids. Only £59.99 (was £129.99 – save £70).

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price of
one!

lim Jeggings

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Scopes

SATURDAY 14-FRIDAY 20 NOVEMBER

Your week ahead with **David Wells**

You & Improved



VICKY PATTISON
turns 28 on
16 November

IF IT'S YOUR BIRTHDAY THIS WEEK...

Sending your best intentions towards even your toughest critic changes things, as you can release any emotional attachment to their opinions and concentrate on your own stuff. Someone's words no longer hold any sway because you're embarking on a year that brings you closer to being your own boss than ever before – 2016 is a powerful year, so strip away any naysayers.

SCORPIO 23 Oct-22 Nov

Mercury's moving fast through your sign, touching base with his mate the Sun before changing direction and reaching out to Saturn. It means you'll get your own way faster than you thought.

New love's revealed, surprise! Call me.
UK: 0905 8171568* IRL: 1560 787908*

AQUARIUS 21 Jan-19 Feb

At last you have some better vibes in your money sky. Help may come through some good fortune but chances are it'll be through a new work deal, so make sure it's negotiated well.

Venus brings new romance. Call me.
UK: 0905 8171571* IRL: 1560 787911*

TAURUS 21 Apr-21 May

There's some fast talking going on around you, but is that good? Clearly not, especially when you feel you haven't been given the time to respond. Take charge – work at your pace, not theirs.

True colours are revealed. Call me.
UK: 0905 8171562* IRL: 1560 787902*

LEO 23 Jul-22 Aug

What you're making out of a whisper and a look is amazing. A whole story is taking place in your head – but does it have any connection to the truth? Ask rather than guess.

Call for news of money solutions.
UK: 0905 8171565* IRL: 1560 787905*

SAGITTARIUS 23 Nov-21 Dec

Are you sure someone's version of what happened is true? This week half-truths and hidden agendas are exposed. Is it better to stick with your own thoughts or go along with another's?

Social boosts may bring love. Call me.
UK: 0905 8171569* IRL: 1560 787909*

PISCES 20 Feb-20 Mar

Neptune moves directly into your sign this week. That means half-hearted promises, dithering and delays decrease and you can move forward with plans you've been keeping secret.

Call to hear why it's all systems go.
UK: 0905 8171572* IRL: 1560 787912*

GEMINI 22 May-20 Jun

You could be called in to explain your work plans and be it where you are now or for a new role, it's time to do your homework. Know your subject and be ready to show how passionate you are.

Call for news of a great working week.
UK: 0905 8171563* IRL: 1560 787903*

VIRGO 23 Aug-22 Sep

A clearout isn't just about your wardrobe – it can also apply to those who may have spun you a tale or two. Either way, it's who or what do you keep, walk away from or chuck out?

Clarity is a beautiful thing. Call me.
UK: 0905 8171566* IRL: 1560 787906*

CAPRICORN 22 Dec-20 Jan

There's some big noise in your career sky. How is it transferring to you in the here and now? If you're looking to move, looking for promotion or looking to be taken on by a mentor, use it.

Call to hear how old contacts pay off.
UK: 0905 8171570* IRL: 1560 787910*

ARIES 21 Mar-20 Apr

This week's about letting go of the 'who said what to whom' – because you've found out just who's said what. New adventures beckon and no matter how grand they seem, embrace them.

Follow your passion. Call for more.
UK: 0905 8171561* IRL: 1560 787901*

CANCER 21 Jun-22 Jul

Even though you're convinced someone likes you, do you really know until you say hello? Time's running out to find out if it's a new romance or just the start of a new friendship. Don't be shy.

Call to hear more on family debates.
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LIBRA 23 Sep-22 Oct

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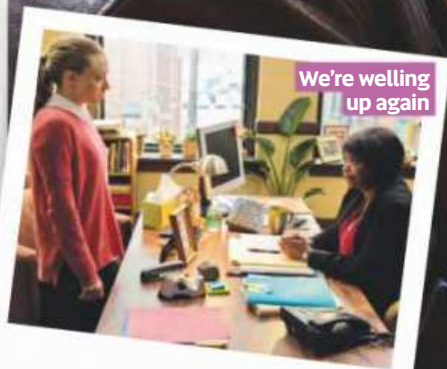
Fathers And Daughters

At cinemas 13 November

Prepare for a total weep-fest because when we saw this film we cried like a baby. Amanda Seyfried stars as social worker Katie. After the tragic events of her childhood, she's spent her twenties having one-night stands and feels she can't love any man apart from her dad Jake (Russell Crowe), a depressed author. But then gorgeous Cameron (Aaron Paul from Breaking Bad) comes along. Can Katie learn to love again? Directed by Gabriele Muccino, the man behind The Pursuit Of Happyness, this film is heartbreaking and life-affirming. Plus we get to see sexy Aaron in the bath, which made our year. We love!

NOW RATING ★★★★★

FILM



We're welling
up again



A HELL OF A JOB

FILM

Steve Jobs

At cinemas 13 November

This tells the story of the late, great Steve Jobs and his struggle to balance his creative and family lives as

the CEO of Apple. It's directed by Danny Boyle, Michael Fassbender (ooh!) plays Steve and Kate Winslet and Seth Rogen also star.

NOW RATING ★★★★★



FILM

VAN-TASTIC

The Lady In The Van

At cinemas 13 November

Maggie Smith and Alex Jennings star in this touching film about elderly Miss Shepherd, who forms an unlikely friendship

with the writer Alan Bennett while living in a van she's parked in his driveway. Together, they discover how to live again. Maggie, we adore you!

NOW RATING ★★★★★

A quickie with...

HOLLY HAGAN

The *Geordie Shore* star, 23, talks drunken arguments and living with her ex-boyfriend Kyle Christie on the show
What's in store for you this series, Holly?

A lot of drama, especially between me and Kyle!

You recently said things happened in *Zante* that could've destroyed you guys. What were they?

We were arguing every day about everything. We were drunk and getting involved in other people's arguments. If you're not 100 per cent strong with your relationship, the show can destroy it.

And were you victims of that?

Definitely. It was really hard and we had to split. But that was halfway through filming, so we still had to live with each other.

How awkward was that?

It was horrible. The worst experience of my entire 23 years of existence.

Can't you guys reconcile?

No, not now. As long as the show is on we can't be with each other. We're like Romeo and Juliet but without the death. We broke up because we

realised we do love each other. If we stayed together we'd ruin each other and would never be able to get back together.

You've got an amazing figure.

Do you count calories?

I've got diet books if I need inspiration.

How far will you go with cosmetic surgery?

At one point I went too big with my lips but

I haven't had fillers in a year. I've had a bit of Botox in my forehead because

I've got really deep lines. My boobs haven't changed since I got them done. I'm supposed to do them every 10 years, but

it's just a guideline.

Aren't you scared by all the horror stories?

It's probably scarier for me now than when I got my first boob job at 18 because I'm more aware of the risks. But my surgeon's very good.

Geordie Shore is on MTV at 10pm on Tuesdays



GEORDIE SHORE
in association with
Now

THE HOT SPOT

What makes us sizzle or leaves us cold

ALBUM

Ben Haenow by Ben Haenow
album *Out 13 November*

The gorgeous X Factor winner's album is finally out. We've missed that gravelly voice so much. Welcome back, Ben.

Mercury Prize Live 2015 *BBC4, 9.30pm, 20 November*
We're gunning for Jamie XX to win the music prize this year with his brilliant album *In Colour*.

Suddenly Royal
TLC, 8pm, 11 November
We're loving this series, where American David Howe tries to claim his 'rightful' lineage as the King of the Isle of Man.

Forgetting our mini Batiste Dry Shampoo
It's always on date night that we forget to pack the secret weapon in our make-up bag. Dammit! Topknot it is...

Christmas panic
Yep, it's officially kicking in. There are only six more shopping weeks to go, guys, so get organised now.

SO NOW

TV



TV

SO NEVER

DIRECTIONERS, look away now...

ALBUM

Made In The AM by One Direction *Out 13 November*

This is (probably) it – 1D's final album before they go on hiatus, which we hope isn't actually a break-up. Of course they could do a Take That-style comeback in a few years, but for now this is all that we've got to cling on to. *Sob* We love Drag Me Down and Perfect – and the rest of the album is just as good.



TURN FOR MORE ➡

Now PROMOTION



Katy used Quidco to plan her wedding

'Buying through Quidco means more treats for me'

Katy Rosaci, 31, from Reigate, Surrey, on why she loves the cashback site

My brother recommended Quidco to me a few years ago. He buys lots of electrical goods online and said each time he bought something via Quidco he got money back. His wife is into vouchers too and also said it was worthwhile. So in 2008 I joined.

They were right: Quidco was amazing from the get-go. My job as a cabin crew attendant means I'm at home at random times, so online shopping's very convenient. One of my first purchases was some GHD hair straighteners,

which I got £10 cashback for.

The good thing about

Quidco is you can find some great sites that you never knew existed, such as for beauty buys. My hubby Paolo and I used Quidco to plan our wedding – from family accommodation to table

settings, and earnt around £100.

We've recently renovated our home, so Paolo's been using Quidco for power tools and appliances. But we mostly use it for DVDs and clothes. It's nice to treat yourself, especially when the cashback adds up to £875 – the amount I've earnt so far. Now I recommend Quidco to everyone!

Katy's earnt
£875

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Chilling IN



TV

Adele At The BBC

BBC1, 8.30pm,
20 November

Adele makes her live comeback in this one-hour special, which is hosted by Graham Norton.

That album is out on the same day, so get familiar with her new tracks before you watch. We've got shivers down our spine...

I'm A Celebrity – Get Me Out Of Here!

ITV, 9pm,

15 November

Yep, it's that time of year again. We need Louis Walsh to go into the jungle, but if he doesn't then other rumoured celebs like Spencer Matthews and Vicky Pattison might... *Rubs hands together with glee*



TV



DVD

Minions

On DVD 16 November

If you haven't seen these little yellow critters yet, here's your chance to acquaint yourself with them on DVD. Sandra Bullock and Jon Hamm are among the stars whose voices you'll spot.

Chilling OUT

Lost & Found Malta

31 March-3 April
(lostandfoundfestival.com)

DJ and general goddess Annie Mac curates this music festival in Malta, which has a stellar line-up that includes Groove Armada, DJ EZ, Mark Ronson, Julio Bashmore and Hudson Mohawke. Yes, please.



FESTIVAL



EVENT

Swarovski Ice Rink

Natural History Museum, London,
until 3 January
(nhmskating.com)

Fancy some bruises on your bum? What better place to get them than on the ice at this glam skating rink. Perfect for mates – and even better for dates.

Foxes on tour

Nationwide,
26 February-
12 March (iamfoxes.com/live/)

Aside from wanting to be this super-cool lady, we also very much enjoy her music. So snap up tickets now to see her performing hits including Let Go For Tonight and Body Talk.



TOUR

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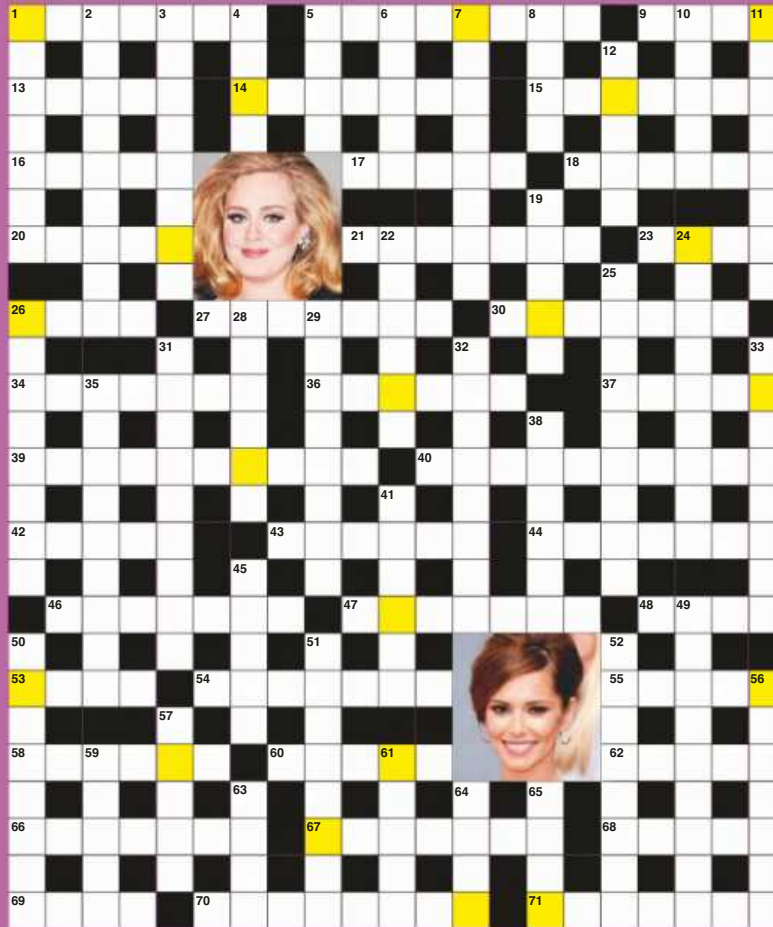
Fill in the answers in the grid below and the letters in the yellow squares will spell out the answer to this bonus question: what connects the school careers of Adele and Cheryl Fernandez-Versini?

ACROSS

- 1 Surgeon's knife (7)
- 5 Biting insect, spreader of malaria (8)
- 9 Addition sign (4)
- 13 Racket (5)
- 14 Saying expressing a meaning (7)
- 15 Pullover (7)
- 16 Railway vehicle (5)
- 17 Shopping trip (5)
- 18 Root vegetable (6)
- 20 Rule of a monarch (5)
- 21 Clap (7)
- 23 Perimeter (4)
- 26 Items needed to make an omelette (4)
- 27 One hundred years (7)
- 30 Text revisers (7)
- 34 Preserved in vinegar (7)
- 36 Basket-weaving material (6)
- 37 Socially prohibited (5)
- 39 Rich buttery biscuit (10)
- 40 Speed up (10)
- 42 Rope loop (5)
- 43 French-style cafe (6)
- 44 Fortress (7)
- 46 Complete quiet (7)
- 47 Tendered (7)
- 48 Went fast (4)
- 53 Brainwave (4)
- 54 Shop's serving area (7)
- 55 Sugary coating for decoration (5)
- 58 Elevation (6)
- 60 Wide river mouth (5)
- 62 Surpass (5)
- 66 Facial hair (7)
- 67 First letter (7)
- 68 Our planet (5)
- 69 Musical symbol (4)
- 70 Throw in jail (8)
- 71 Goblin thought to sabotage machinery (7)

DOWN

- 1 US politician (7)
- 2 Putting life into (9)
- 3 Expecting a baby (8)
- 4 Run with long strides (4)



- 5 Natural satellite (4)
- 6 Woolly animals (5)
- 7 Brotly (8)
- 8 Job to be done (4)
- 10 Ancient Roman language (5)
- 11 Discarded, thrown onto the rubbish heap (8)
- 12 Second planet from the Sun (5)
- 19 Brushed leather (5)
- 22 Remove all contaminants (6)
- 24 Target used in a pub game (9)

- 25 Small figurine of a person (9)
- 26 Revealing, laying bare (8)
- 28 Put up with, bear (6)
- 29 Freshwater turtle (8)
- 31 Soft-soaped or complimented insincerely (9)
- 32 Reveal, bring to light (8)
- 33 Exhibited new clothes on the catwalk (8)
- 35 Large reptile (9)
- 38 Save, recover (6)
- 41 Smother, muffle (6)
- 45 Newspaper exclusive (5)

- 49 University head (9)
- 50 Age of majority in the UK (8)
- 51 Inner part of something (8)
- 52 Set free (8)
- 56 Old sea-going vessel (7)
- 57 Blouse (5)
- 59 Unreactive (5)
- 61 Small sticks (5)
- 63 Crawl in water perhaps (4)
- 64 Potter's oven (4)
- 65 Slimy garden pest (4)

ANSWERS

ACROSS 1 Scalpel 5 Morsel 9 Plus 13 Noise 14 Proverb 15 Sweater 16 Train 17 Spire 18 Turnip 20 Reign 21 Applaud 23 Edge 26 Eggs 27 Century 30 Editors 34 Picked 36 Affix 37 Taboo 39 Shortbread 40 Accelerate 42 Noise 43 Bistro 44 Citadel 47 Silence 49 Offered 48 Speed 53 Idea 54 Counter 55 Icing 58 Height 60 Delta 62 Excel 66 Eyebrow 67 Initial 68 Ample 69 Note 70 Imprison 71 Gremlin 49 Sped 53 Idea 54 Counter 55 Icing 58 Height 60 Delta 62 Excel 66 Eyebrow 67 Initial 68 Ample 69 Note 70 Imprison 71 Gremlin 49 Sped 53 Idea 54 Counter 55 Icing 58 Height 60 Delta 62 Excel 66 Eyebrow 67 Initial 68 Ample 69 Note 70 Imprison 71 Gremlin

BONUS ANSWER Suspended for fighting

Photos: Rex

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Guiltenane, Amy Lo, Lucretia Munro

Fashion & Beauty Lydia Thompson

Art Sofia Bakhsh, Juliette Luton, Lucy Stockton

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1994

NOW

Whatever happened to....?

Alfonso Ribeiro



Carlton with onscreen sister Ashley (Tatyana Ali) and cousin Will



He had to tuck into an emu egg while in the jungle

That bloke from The Fresh Prince Of Bel-Air?

Yes, that's him! Alfonso played Carlton Banks, the slightly camp cousin of Will Smith's Fresh Prince, from 1990 to 1996. Speaking of his character, who'd often burst into an impromptu boogie, he says: 'I get asked to do "the Carlton dance" every single day. It gets a little old.'

Are the cast of the show still close?

This summer, Alfonso slammed claims that Will Smith was splitting from his wife Jada Pinkett Smith, stating: 'Clearly they're not getting a divorce, I've spent a lot of time with them and there's no story.' The star also led tributes to cast member James Avery, who played dad Philip Banks, after his death in 2013, writing: 'I'm deeply saddened - he was a second father to me.'

Does he have any famous mates?

Well, before finding fame in The Fresh Prince, Alfonso starred with Michael Jackson

in an all-singing, all-dancing advert for Pepsi in 1984, aged just 13. Speaking of the time they spent together, Alfonso rather inappropriately joked: 'I hung out with Michael when I was young - I did not have sexual relations with Michael when I was young. I guess I'd be sad if he didn't choose me.'

Is he married?

He was, then he wasn't, now he is again. After his first four-year marriage to actress Robin Stapler fell apart in 2006, Alfonso filed for divorce citing irreconcilable differences. A long way from his days as Carlton, the star then stirred up huge controversy after performing a rap in which he stated he loves 'f***ing white chicks'. Now 44, he's settled with his second wife, writer Angela Unkrich, and has four children.

What's he doing now?

A bit of everything, but mainly reality TV. As well as Dancing With The Stars, he won a US singing show called Celebrity Duets in 2006. He also came



Alfonso danced his way to success on Dancing With The Stars, the US version of Strictly, with his fancy footwork. He bagged the trophy in 2014 with professional partner Witney Carson.

seventh on 2013's I'm A Celebrity - Get Me Out Of Here! in the UK, revealing: 'There's so much that people don't get to see that's way harder than you'd ever imagine. It's like being in a different world.'

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IN 6 AUTUMN/WINTER SHADES



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Available at **Superdrug** and



PRESENTING A PRESTIGE INSPIRED
NIGHT CREAM.
WITHOUT THE PRESTIGE PRICE.

Dramatically newer skin is revealed night after night.**



WORLD'S No.1
FEMALE FACIAL SKINCARE BRAND*

Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it - overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin**.

Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.

**Skin surface renewal is accelerated based on surface cell exfoliation.



OLAY
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YOUR BEST BEAUTIFUL™